

Catcher's Name

		Time	Velo	
Matt Stroup		2.55	61	1
Notes:		3.1	55	2
Much improved pre-pitch and rhythm, which		2.52	58	3
caused feet to work quicker than hands,		3.15	52	4
impairing launch position. Now we quicken hands		2.7	56	5
Accuracy was low, but consistent. AVE		2.804	56.4	

Catcher's Name

		Time	Velo	
Andres Saravia		2.51	60	
Notes:		2.64	58	
Rebounded from last session very nicely.		2.52	60	
Transfers still have tendency to stay very low.		2.32	61	
Improved velocity due to added pre-pitch.		2.41	61	
AVE		2.48	60	

Italized times were off target, and included in averaging POP times

		Time	Velo	
Jarrett Lindsay		2.6	58	1
Notes: Throwing to 90 foot bases, first time.		2.36	59	2
Showing consistent rhythm and showing it with		2.51	60	3
added velocity and accuracy.		2.25	62	4
These last two pop times are where he belongs		2.28	63	5
consistently at this distance. He can do it. AVE		2.4	60.4	

		Time	Velo	
Griffin Logan		2.13	64	
Notes: Also had a 2.00, 68 mph on warm-up...		2.04	72	
Has been working for eight strong months, and		2.01	73	
is seeing the benefits. Fine tune accuracy a bit.		2.05	71	
Pre-pitch and transfer are working in sync, also		2	74	
increasing velocity. AVE		2.046		

Italized times were off target, and included in averaging POP times

		Time	Velo	
Devyn Collado-Nicol		2.24	62	1
Notes: First session attendee.		2.4	61	2
Work "step to catch" with consistency.		2.5	62	3
4th throw of 2.18 is our goal for the next few		2.18	65	4
months, as we fine tune his delivery.		2.37	63	5
AVE		2.338	62.6	

		Time	Velo	
Dametri Evans		2.02	70	
Notes: Much improved pre-pitch, while keeping		1.99	71	
footwork short. Rhythm and feel increase accur.		1.95	70	
Still can improve direction of transfers, but		1.93	74	
improvement was certainly made there as well.		2.01	73	
WELCOME TO THE SUB 2 CLUB! AVE		1.98	71.6	

Italized times were off target, and included in averaging POP times

		Time	Velo	
Eddie Fournier		2.18	73	1
Notes: Showing good rhythm once he gets going.		2.12	74	2
Plus arm strength and accuracy.		2.09	73	3
Fighting to feel for that consistent pre-pitch,		2.07	71	4
while shortening his footwork.		2.15	72	5
		x	x	
Great extension on throws. AVE		2.122	72.6	

		Time	Velo	
Chris Vega		2.03	67	
Notes: Feel for that consistent release point.		1.97	72	
Lighting quick foot replacement. Needs to		2.15	71	
maintain rhythm of step to catch as he gains		2.06	72	
some ground.		2	72	
		1.98	71	
Showing very good extension and finish. AVE		2.032	70.83	