



BATS Report for Test Athlete

BATS Score
84.64



Certified

DOB 08/30/1994 **Age** 16 **Ht** 5' 7" **Wt** 154 lbs

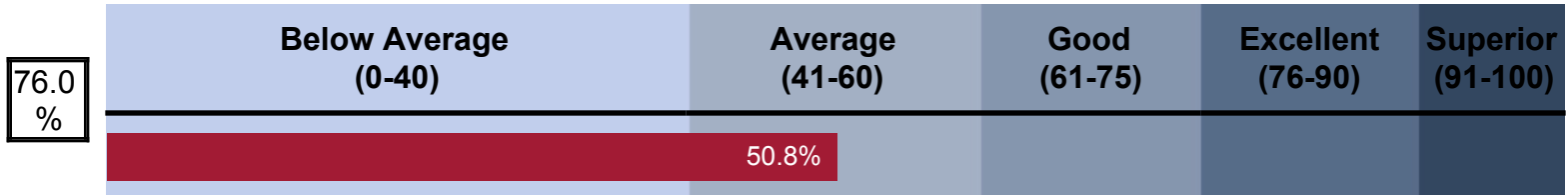
Bats S **Throws** L **Position** SS

Email ajrr30@aol.com

Test Date: 06/20/2011 **Test Admin** **Location** Corpus Christi, TX

Test Athlete, congratulations on completing BATS® Testing. The following BATS® Report is an evaluation of your test results for body composition, grip strength, leg power, rotary power, agility, running speed, throwing velocity, and batted-ball velocity. Your raw score for each test is located in the box on the left. To the right of your raw score you will find your percentile score, which is calculated by comparing your test results to a national database of players in your age category. Your percentile scores are very important because they are relative scores that inform you on how your skills compare to similar aged players throughout the country.

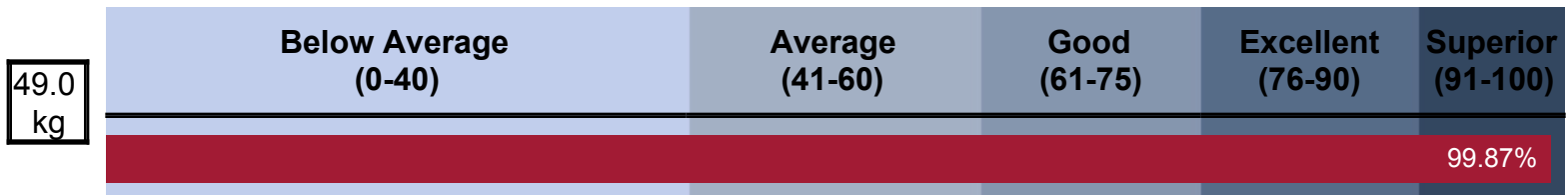
Lean Body Mass



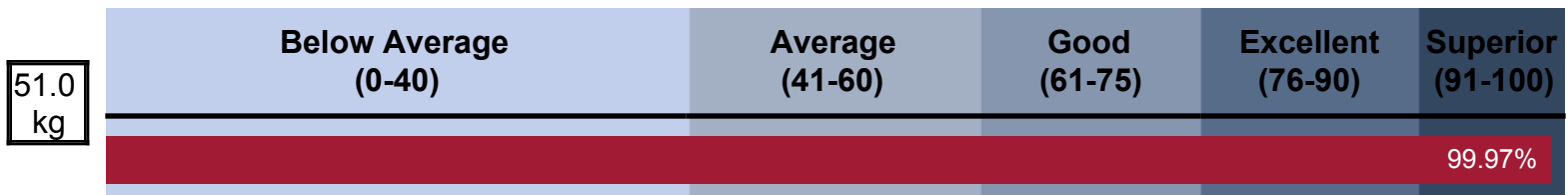
Body Composition refers to the amount of lean body mass, such as bone and muscle, and fat mass in your body. Lean body mass is expressed as a percentage of your total body weight. For an athlete, it's important to maintain appropriate body composition because it is essential for maximizing athletic ability and has been proven to correlate with athletic performance.

Test scored a 76.0 % for body composition, which is average compared to those in the 15-16 age group. It is recommended that Test participate in a strength and conditioning and nutrition program to improve body composition and take it to the next level.

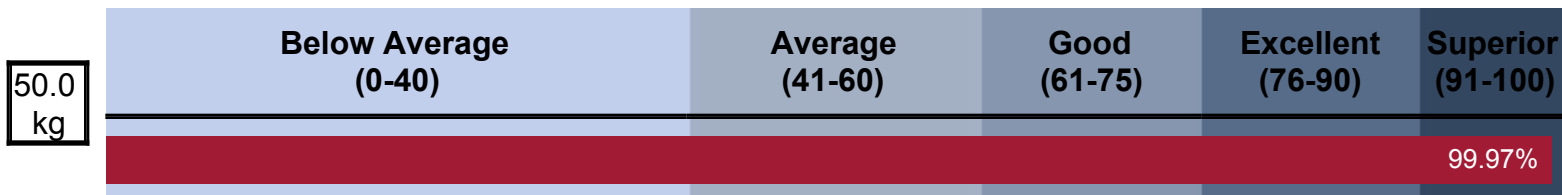
Grip Strength (RH)



Grip Strength (LH)



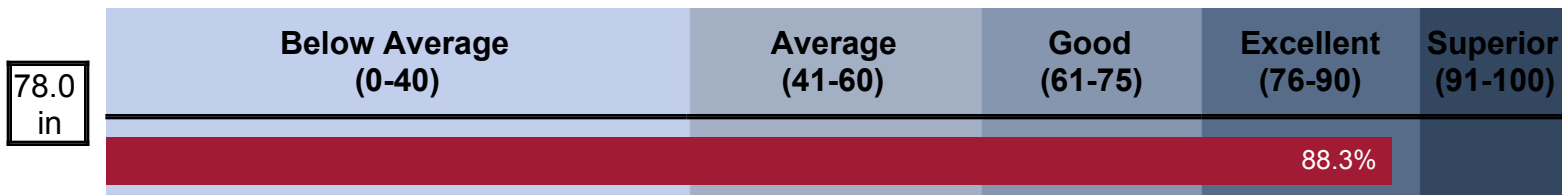
Grip Strength (Average)



Muscular strength plays a crucial role in your athletic performance and is highly correlated with your level of success. One particular strength test, grip strength, is positively correlated with throwing velocity, bat speed, and batted-ball velocity. In general, the stronger your grip, the faster you throw, swing, and bat.

Test scored a 50.0 kg for grip strength, which is superior compared to those in the 15-16 age group. A proper strength and conditioning is a good way to maintain Test's grip strength.

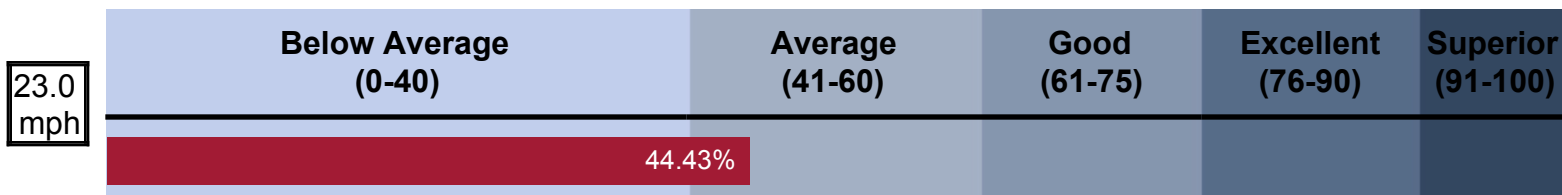
Standing Long Jump



In addition to strength, power is another physical attribute that is important for athletic success. The ability to produce explosive power is highly correlated with batting, throwing, fielding, and base running. Power can be improved and maintained with a proper strength and conditioning program.

Test scored a 78.0 in for leg power, which is excellent compared to those in the 15-16 age group. If Test desires to maintain or improve leg power, a strength and conditioning program is recommended.

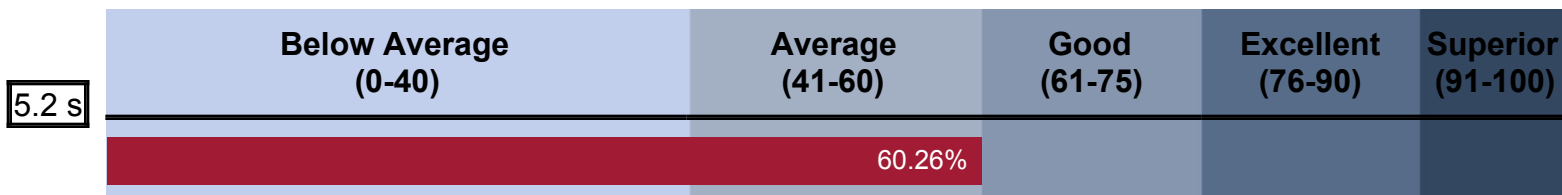
Rotary Power



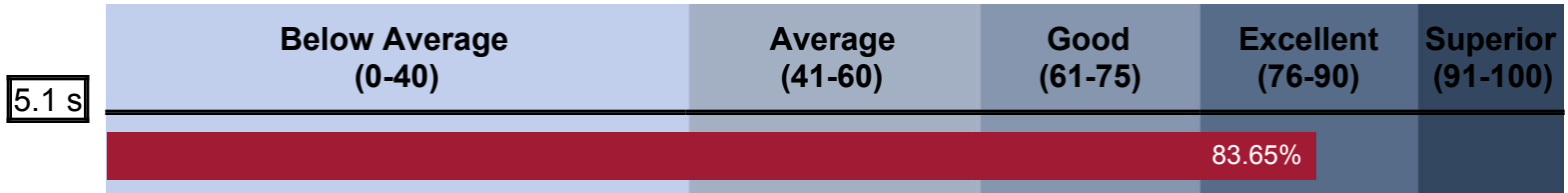
Rotational power is extremely important in Softball performance and is highly correlated with throwing velocity and batted-ball velocity. In general, the better your rotational power, the faster you throw and swing. Rotational power and explosion can be improved and maintained with a proper strength and conditioning program.

Test scored a 23.0 mph for rotary power, which is average compared to those in the 15-16 age group. It is recommended that Test participate in a strength and conditioning program to improve rotary power and take it to the next level.

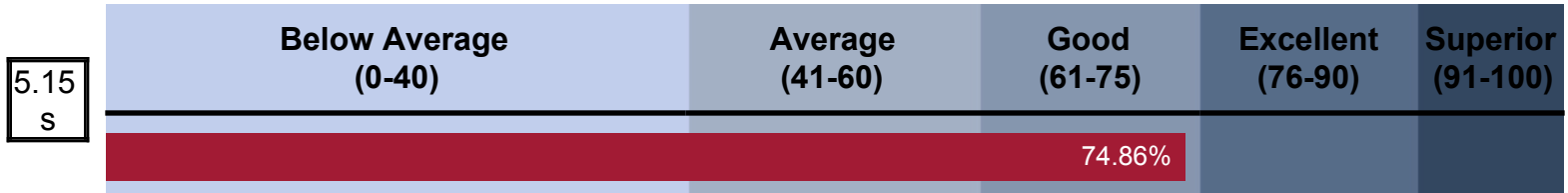
Agility (R)



Agility (L)



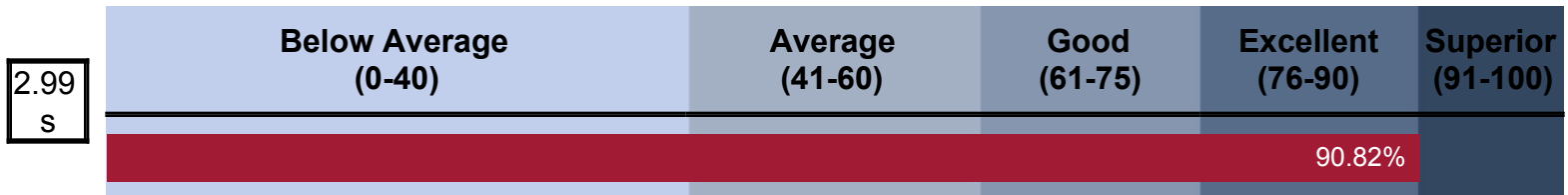
Agility (Average)



Agility requires rapid changes of direction and is crucial for all Softball players, especially when playing defense and running the bases. Your agility can be enhanced by improving body composition, strength, and power.

Test scored a 5.15 s for agility, which is good compared to those in the 15-16 age group. To improve agility, it is recommended that Test participate in a strength and conditioning program, thus improving on the field performance

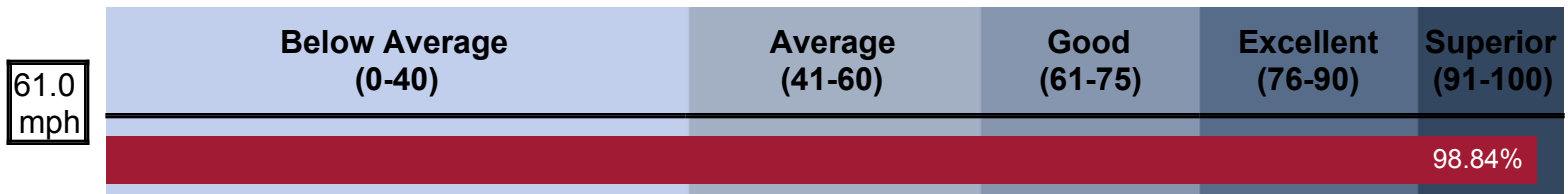
20 Yd Dash



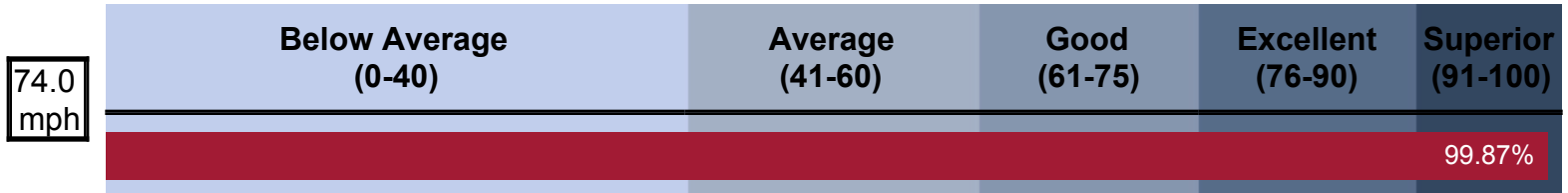
Speed is a highly valued skill in Softball. However, top running speed rarely, if ever, occurs during a game. In actuality, acceleration plays a more important role than speed for your performance. Fortunately, both speed and acceleration can be improved with a proper strength and conditioning program.

Test scored a 2.99 s for speed, which is superior compared to those in the 15-16 age group. A proper strength and conditioning is a good way to maintain Test's speed and acceleration.

Throwing Velocity



Batted-Ball Velocity



Batted-ball velocity is essential for hitting success. Research indicates that batted-ball velocity is highly correlated with lean body mass, grip strength, lower body power, and rotational power. Batted-ball velocity can be improved with a proper strength and conditioning program.

Test scored a 74.0 mph for batted-ball velocity, which is superior compared to those in the 15-16 age group. A proper strength and conditioning is a good way to maintain Test's batted-ball velocity.

SUMMARY

Test possesses above average Grip Strength (RH), Grip Strength (LH), Grip Strength (Average), Standing Long Jump, Agility (L), Agility (Average), 20 Yd Dash, Throwing Velocity, Batted-Ball Velocity. In order to improve your skills, it is recommended that you participate in a strength and conditioning program designed to maximize all areas of your performance. Areas for improvement include Lean Body Mass, Rotary Power, Agility (R). It is highly recommended that Test participate in a strength and conditioning program designed to maximize all areas with special emphasis in Lean Body Mass, Rotary Power, Agility (R).

Remember, Test, good players are good for reasons, and most of these reasons can be measured. Now that you've undergone BATS testing, utilize the BATS Report to build a roadmap to reaching your performance goals.