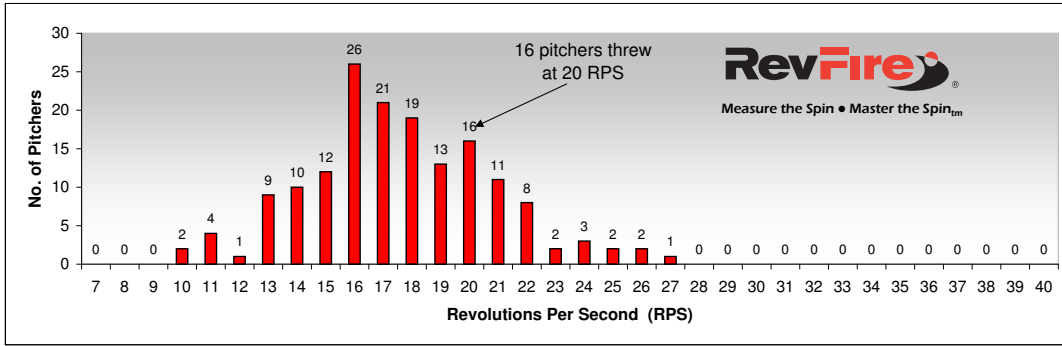


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National Fastpitch Coaches Association 2010 Recruiting Camp Pitcher Spin Rate Statistics



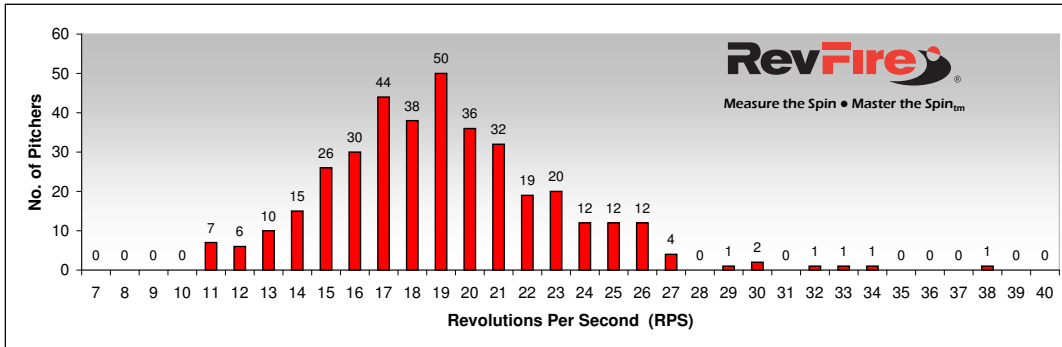
DROP BALL

162 Pitchers

50th Percentile:

17 RPS

Example read of chart:
16 pitchers out of 162 total threw dropballs at 20 RPS.

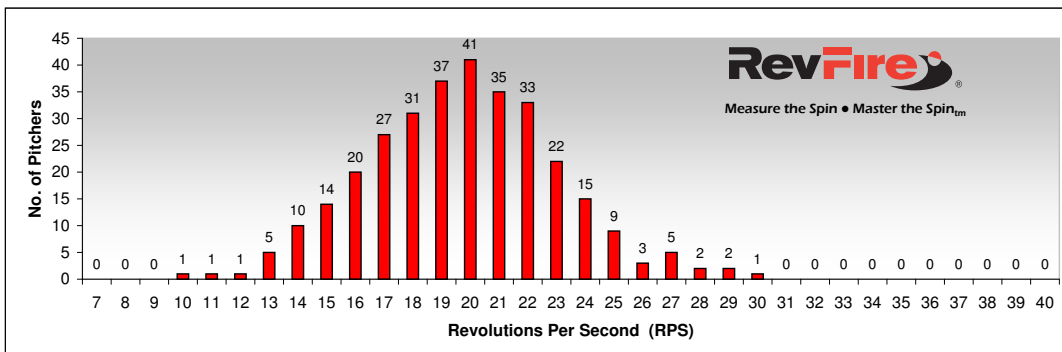


CURVE BALL

380 Pitchers

50th Percentile:

18 RPS

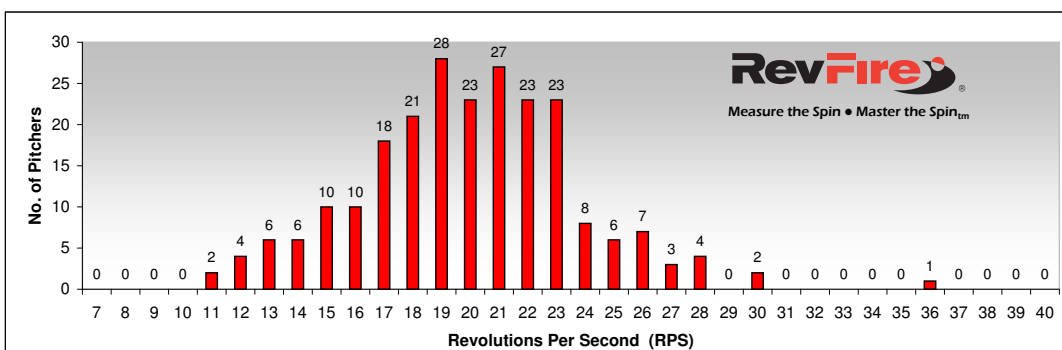


SCREW BALL

315 Pitchers

50th Percentile:

19 RPS



RISE BALL

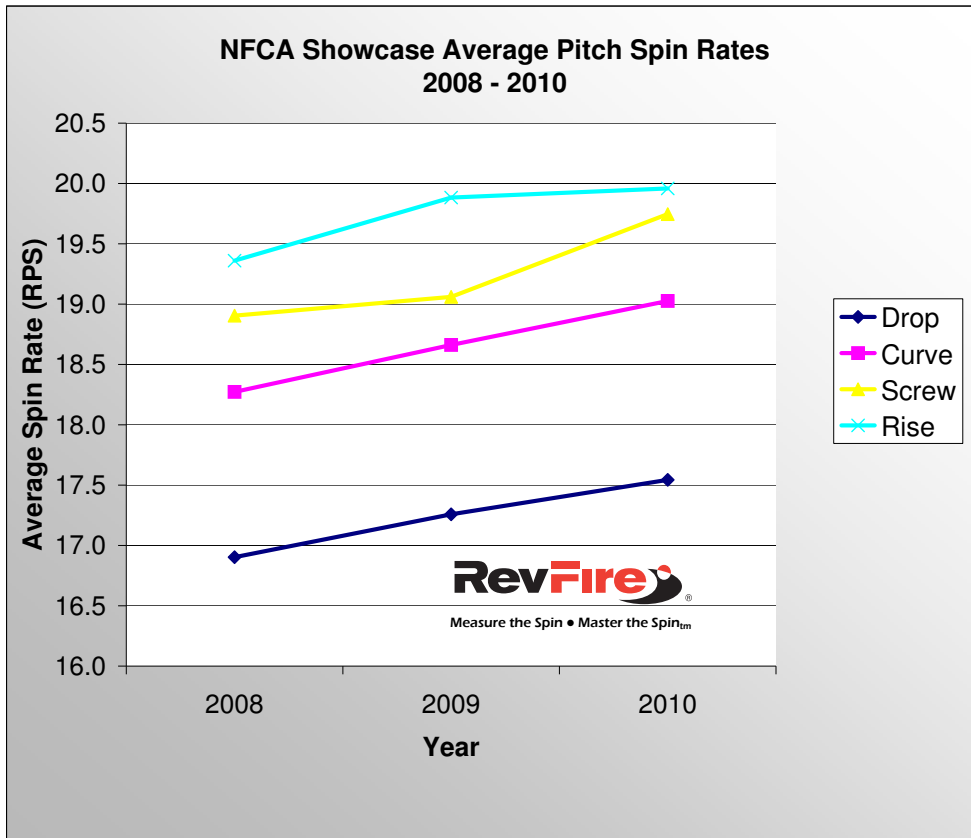
232 Pitchers

50th Percentile:

19 RPS

Data from 2010 NFCA Showcase Camp results posted at www.NFCA.org

2010	Drop	Curve	Screw	Rise
Average	17.5	19.0	19.7	20.0
Top 10% level	21.6	24.2	24.0	24.5



AVERAGE DATA FOR COMPARISON ONLY

Data Compiled by Top Prospect Baseball and Softball Inc. 2008

Fielder Arm Strength - Speeds in MPH

Age	Division I	Division II	Division III
13	41-44	36-39	33-36
14	45-48	40-43	37-40
15	49-52	44-47	41-44
16	53-56	48-51	45-48
17	57-60	52-55	49-52
18	61-64	56-59	53-56

Division I Pitching Speeds in MPH

Age	Fastball	Changeup	Curveball
13	45-48	26-29	39-42
14	49-52	30-33	43-46
15	53-56	34-37	47-50
16	57-60	38-41	48-51
17	61-64	42-45	52-55
18	65-68	46-49	56-59

Division II - Pitching Speeds in MPH

Age	Fastball	Changeup	Curveball
13	40-43	21-24	31-34
14	44-47	25-28	35-38
15	48-51	29-32	39-42
16	52-55	33-36	43-46
17	56-59	37-40	47-50
18	60-63	41-44	51-54

Division III - Pitching Speeds in MPH

Age	Fastball	Changeup	Curveball
13	35-38	16-19	29-32
14	39-42	20-23	33-36
15	43-46	24-27	37-40
16	47-50	28-31	41-44
17	51-54	32-35	45-48
18	55-58	36-39	46-49

Speed Times in Seconds - Home to 1st Base

Age	Fastball	Changeup	Curveball
13	3.70-3.85	3.95-4.10	4.15-4.30
14	3.55-3.70	3.75-3.90	3.95-4.10
15	3.35-3.50	3.55-3.70	3.75-3.90
16	3.15-3.30	3.35-3.50	3.55-3.70
17	2.95-3.10	3.15-3.30	3.35-3.50
18	2.75-2.90	2.95-3.10	3.15-3.30

LEGEND

F Fastball R Rise CH Change S Screw
 CU Curve D Drop 2S 2 Seam DC Drop Curve
 BCU Backdoor Curve
MOVING PITCHES Rd. 1

PLAYER NUMBER	Moving Pitch 1	RevFire Spin rate 1	RevFire Speed 1	Pocket Radar Speed 1	Moving Pitch 2	RevFire Spin rate 2	RevFire Speed 2	Pocket Radar Speed 2	Moving Pitch 3	RevFire Spin rate 3	RevFire Speed 3	Pocket Radar Speed 3	Moving Pitch 4	RevFire Spin rate 4	RevFire Speed 4	Pocket Radar Speed 4	Moving Pitch 5	RevFire Spin rate 5	RevFire Speed 5	Pocket Radar Speed 5
2	D	45.0	15.5	46	DC	48	13.8	49	S	48.0	15.8	48	S	45	18.1	45	DC	42.0	14.6	46
5	D	47.0	14.6	51	D	51	15.6	51	R	49.0	21.5	51	R	48	21.7	51	S	51.0	18.3	52
1	S	48.0	13.8	51	S	49	13.5	51	D	45	18.6	45	CH	47	12.4	48	S	52	13.7	51
7	C	51.0	15.0	50	C	49	14.2	50	2S	51	14.9	49	2S	49	16.2	49	CH	45	17.0	45
11	2S	54.0	13.1	55	C	52	15.7	55	S	52	11.6	51	2S	55	14.5	55	C	55	15.1	55
12	C	54.0	21.9	55	S	52	22.9	54	R	52	21.7	53	R	52	23.8	54	S	53	23.6	55
19	2S	56.0	20.3	57	2S	58	22.5	59	2S	57	21.5	58	C	56	25.6	57	C	58	25.6	57
21	C	54.0	21.5	54	S	54	22.5	53	S	54	23.3	53	D	54	21.0	55	C	52	22.1	54
23	D	49.0	16.1	48	C	49	13.8	47	D	49	15.6	49	D	48	14.6	49	C	48	13.6	46
31	R	49.0	13.6	51	C	54	12.9	54	C	54	11.2	54	R	52	13.6	54	D	49	12.2	51
35	CH	48.0	17.8	47	D	52	18.0	54	C	51	17.2	51	C	54	13.9	54	CH	48	17.2	47
38	2S	52.0	11.5	49	C	52	11.0	50	CH	42	12.5	41	2S	49	11.5	49	C	49	11.6	49
39	C	49.0	14.8	45	D	49	12.1	47	S	48.0	13.7	48	S	45	14.2	46	C	49.0	15.2	49
46	C	48.0	12.2	48	CH	36	12.1	34	C	50	13.1	51	CH	41	21.5	42	C	51	14.4	50
49	C	54.0	13.1	55	D	54	18.8	56	CH	48	19.3	47	C	54	14.8	55	D	54	19.3	55
50	CH	44.0	17.8	46	S	47	22.3	49	S	44	21.3	49	D	47	19.1	49	D	49	20.5	49
52	C	54.0	13.7	53	R	49	17.1	51	DC	54	13.0	53	DC	49	14.6	51	S	49	16.4	49
53	S	49.0	15.8	49	R	49	15.5	48	C	49	15.2	52	R	49	17.3	49	D	48	13.3	49

LEGEND

F Fastball R Rise CH Change S Screw
 CU Curve D Drop 2S 2 Seam DC Drop Curve
 BCU Backdoor Curve
MOVING PITCHES Rd. 2

PLAYER NUMBER	Moving Pitch 1	RevFire Spin rate 1	RevFire Speed 1	Pocket Radar Speed 1	Moving Pitch 2	RevFire Spin rate 2	RevFire Speed 2	Pocket Radar Speed 2	Moving Pitch 3	RevFire Spin rate 3	RevFire Speed 3	Pocket Radar Speed 3	Moving Pitch 4	RevFire Spin rate 4	RevFire Speed 4	Pocket Radar Speed 4	Moving Pitch 5	RevFire Spin rate 5	RevFire Speed 5	Pocket Radar Speed 5
2	D	42.0	13.5	43	C	49	13.7	47	DC	47.0	12.5	48	DC	44	14.8	48	S	47.0	13.8	48
5	D	44.0	12.1	47	S	47	19.0	47	R	47.0	20.3	49	R	47	20.2	49	CH	42.0	17.7	43
1	S	52.0	13.6	50	D	44	14.9	45	S	49	13.6	49	D	45	15.5	49	S	52	14.7	50
7	C	49.0	14.0	50	C	49	15.0	49	C	51	16.1	49	2S	51	10.6	53	2S	49	14.6	48
11	2S	52.0	13.6	54	C	52	14.9	53	S	52	14.6	53	S	52	12.1	54	C	51	14.7	51
12	S	54.0	22.7	54	C	54	22.0	53	C	54	22.3	53	R	54	22.1	52	R	54	22.7	53
19	2S	56.0	21.7	58	2S	55	22.3	57	C	56	21.3	57	C	56	22.5	57	C	57	22.8	56
21	C	54.0	21.0	56	D	56	21.3	56	S	54	22.9	54	S	52	22.8	52	C	54	22.7	53
23	D	48.0	15.1	46	D	49	14.8	49	2S	47	13.7	47	2S	47	13.6	47	D	48	15.4	46
31	CH	44.0	14.8	42	CH	46	13.8	45	D	50	12.2	50	D	52	14.7	50	C	52	12.4	52
35	C	54.0	17.6	55	D	54	18.1	53	R	52	18.3	51	CH	44	16.8	46	D	54	18.3	54
38	C	49.0	11.0	48	CH	44	12.1	43	2S	49	12.7	49	C	49	10.5	49	CH	44	11.1	44
39	C	49.0	14.3	47	CH	41	7.9	41	C	48.0	14.1	48	S	47	14.0	46	CH	42.0	8.5	44
46	CH	34.0	16.9	36	C	48	14.5	49	CH	37	20.0	35	C	46	14.6	46	CH	34	16.6	37
49	C	54.0	15.0	55	D	54	18.8	55	CH	47	19.7	47	C	52	16.0	53	D	54	19.1	53
50	S	48.0	23.5	49	R	47	20.0	47	D	48	20.3	51	CH	42	13.0	46	CH	42	13.8	46
52	CH	49.0	11.8	46	2S	52	16.0	51	C	54	19.8	52	R	49	16.8	50	CH	47	13.8	46
53	R	47.0	11.5	46	R	48	16.8	45	D	45	13.6	48	D	46	13.1	45	C	47	16.2	48

PLAYER NUMBER	Fastball 1	Fastball 2	Fastball 3			Change up 1	Change up 2	Change up 3		
1	53	51	53			47	46	46		
2	40	53	53			38	40	40		
5	52	52	52			42	44	44		
7	50	49	48			43	46	45		
11	55	56	55			46	47	45		
12	56	55	56			47	46	44		
19	60	58	59			41	38	38		
21	56	56	57			42	34	43		
23	50	49	49			43	43	41		
31	52	52	51			46	46	47		
35	58	55	56			48	49	49		
38	52	52	51			45	41	44		
39	50	49	51			53	44	44		
46	52	52	52			36	38	45		
49	55	56	56			45	49	49		
50	52	48	50			47	47	45		
52	51	52	54			43	43	45		
53	50	47	49			42	43	44		

FASTBALL Rd. 1

PLAYER NUMBER	Fastball 1	Fastball 2	Fastball 3	Change up 1	Change up 2	Change up 3
1	51	52	52	48	47	47
2	51	50	51	35	49	44
5	51	50	49	44	44	43
7	49	48	49	42	41	41
11	55	53	55	45	46	46
12	54	54	54	45	44	46
19	58	58	57	40	37	37
21	55	53	53	42	42	39
23	49	48	48	40	43	44
31	53	53	52	44	46	42
35	56	55	55	48	48	47
38	50	50	50	43	45	42
39	47	47	48	43	43	42
46	52	52	52	36	36	36
49	56	55	55	49	48	49
50	50	52	50	47	47	47
52	52	54	54	46	48	48
53	50	48	51	43	43	47

FASTBALL Rd. 2

LEGEND F Fastball R Rise CH Change
 CU Curve D Drop 2S 2 Seam
 S Screw DC Drop Curve

BCU Backdoor Curve
BEST PITCH Rd. 1

PLAYER NUMBER	Best Pitch 1	Speed	Best Pitch 2	Speed	Best Pitch 3	Speed	Best Pitch 4	Speed	Best Pitch 5	Speed
4	F	52	F	53	F	52	F	52	F	53
2	DC	48	DC	48	DC	48	DC	48	DC	48
5	CH	43	CH	42	CH	42	CH	44	CH	44
7	CU	49	CU	49	CU	49	CU	50	CU	49
11	CU	55	CU	54	CU	54	CU	54	CU	54
12	S	53	S	54	S	54	S	54	S	54
19	2S	59	2S	58	2S	57	2S	60	2S	59
21	CU	55	CU	54	CU	55	CU	54	CU	53
23	D	49	D	50	D	50	D	48	D	48
31	2S	52	2S	52	2S	53	2S	52	2S	54
35	R	52	R	52	R	52	R	52	R	52
38	F	52	F	50	F	50	F	50	F	50
39	S	47	S	48	S	47	S	45	S	46
46	F	50	F	52	F	51	F	51	F	52
49	CU	55	CU	54	CU	55	CU	55	CU	55
50	S	52	S	49	S	49	S	49	S	49
52	CU	53	CU	53	CU	52	CU	51	CU	52
53	S	49	S	50	S	48	S	48	S	49

LEGEND F Fastball R Rise CH Change S Screw
 CU Curve D Drop 2S 2 Seam DC Drop Curve

BCU Backdoor Curve
BEST PITCH Rd. 2

PLAYER NUMBER	Best Pitch 1	Speed	Best Pitch 2	Speed	Best Pitch 3	Speed	Best Pitch 4	Speed	Best Pitch 5	Speed
4	F	51	F	52	F	51	F	51	F	51
2	DC	48	DC	47	DC	48	DC	47	DC	47
5	S	50	S	51	S	51	S	49	S	52
7	CU	49	CU	49	CU	49	CU	49	CU	49
11	CU	54	CU	54	CU	52	CU	54	CU	55
12	S	54	S	53	S	54	S	52	S	53
19	2S	59	2S	58	2S	57	2S	57	2S	58
21	S	52	S	51	S	51	S	50	S	51
23	CH	42	CH	42	CH	42	CH	36	CH	43
31	CH	44	CH	43	CH	44	CH	42	CH	42
35	CH	47	CH	48	CH	46	CH	49	CH	49
38	CH	44	CH	44	CH	44	CH	43	CH	45
39	CH	42	CH	43	CH	41	CH	45	CH	41
46	F	51	F	51	F	51	F	53	F	51
49	D	55	D	55	D	55	D	54	D	55
50	S	50	S	49	S	49	S	47	S	48
52	CU	52	CU	51	CU	51	CU	51	CU	52
53	S	49	S	49	S	48	S	47	S	48

PLAYER NUMBER	Called Pitch 1	Speed	Called Pitch 2	Speed	Called Pitch 3	Speed	Called Pitch 4	Speed	Called Pitch 5	Speed
1	S	51	S	50	S	51	DR	46	DR	46
2	CH	40	CH	38	CH	38	CU	47	CU	49
5	CH	44	CH	43	CH	44	S	52	S	52
7	CU	49	CU	48	CU	50	2S	50	2S	50
11	CU	55	CU	54	CU	55	CU	54	CU	55
12	S	53	S	54	S	53	S	54	S	55
19	2S	60	2S	59	2S	59	2S	59	2S	59
21	CU	54	CU	55	CU	54	CU	55	CU	55
23	DR	49	DR	50	DR	49	DR	53	DR	51
31	DR	48	DR	49	DR	48	DR	50	DR	51
35	R	51	R	53	R	53	R	52	R	52
38	2S	48	2S	50	2S	50	2S	50	2S	50
39	S	46	S	46	S	47	S	46	S	47
46	F	50	F	51	F	51	F	52	F	53
49	CU	55	CU	55	CU	54	CU	54	CU	55
50	S	48	S	39	S	49	S	49	S	48
52	CU	50	CU	51	CU	51	CU	51	CU	51
53	S	45	S	48	S	49	S	47	S	48

OUT PITCH Rd. 1

PLAYER NUMBER	Called Pitch 1	Speed	Called Pitch 2	Speed	Called Pitch 3	Speed	Called Pitch 4	Speed	Called Pitch 5	Speed
1	F	51	F	51	S	50	S	50	S	50
2	DC	47	DC	48	DC	47	DC	47	DC	46
5	S	51	S	51	S	50	S	50	S	48
7	2S	48	2S	49	2S	49	2S	48	2S	49
11	D	52	D	52	D	51	CH	46	CH	44
12	CH	46	CH	45	CH	41	CH	39	CH	43
19	2S	58	2S	58	2S	58	CU	57	CU	57
21	F	54	F	55	S	51	S	51	S	52
23	CH	43	CH	41	CH	46	2S	48	2S	49
31	CH	44	CH	44	CH	50	CH	45	CH	44
35	CH	47	CH	47	CH	31	CH	44	CH	48
38	CH	42	CH	43	CH	42	CH	45	CH	44
39	CH	40	CH	45	CH	43	CH	44	CH	42
46	F	51	F	52	F	51	F	50	F	49
49	D	55	D	55	D	55	D	55	D	55
50	S	49	S	48	S	47	S	47	S	48
52	D	50	D	48	D	52	D	53	D	53
53	CH	45	CH	45	CH	44	CH	44	CH	48

OUT PITCH Rd. 2

CATCHER'S POP TO POP Rd. 1

Player Number	Pop to Pop 1	Pop to Pop 2
4	2.12	2.21
15	2.21	2.27
17	2.25	2.16
18	2.10	2.44
29	2.47	2.51
34	2.88	2.13
37	2.09	2.10
41	2.45	2.10
42	2.43	2.20
43	2.37	2.38
44	2.14	2.44
45	2.89	2.01
48	2.10	2.15
51	2.28	2.28
56	2.10	2.01

CATCHER'S POP TO POP Rd. 2

Player Number	Pop to Pop 1	Pop to Pop 2
4	2.18	2.20
15	2.53	2.35
17	2.25	2.22
18	2.38	2.15
29	1.94	1.94
34	2.20	2.52
37	2.21	1.88
41	No score	No score
42	1.96	2.14
43	2.39	2.45
44	2.22	2.33
45	1.97	2.22
48	2.01	2.03
51	2.22	2.19
56	2.10	2.03