



BASEBALL PERFORMANCE SPECIALIST

Email	Profile Number	Name	Last Name	Writing Hand	Hits	Throws
		Blaise	Blancher	Left	Left	Left
@gmail.com, jblancher@	Organization	Johnson	Universtiy			
Broad Jump						
	Power to Weight Ratio	0.02686220415				
Very Poor <6'3"	Broad Jump	97				
Poor 6'11"-7'2.5"	Sit and Reach	0				
Below Average 6'11"-7'2.5"		Left	Right			
Average 7'3"-7'6.6"	Ankle Mobility	4				
Above Average 7'7"-7'10.5"	Internal Rotation					
Very Good 7'11"-8'	External Rotation					
Excellent >8'2.5"	Couch Stretch	Pass				
	To the Left	To the Right				
Seated Rotation	75	60				
Bounder/Hinger	1	Aerial				
Extension Leg	2	Right				
Movement Dial	3					
Pronator/Supinator	4	Supinator				
Breath In/ Breath Out	5	Breath In				
Dissociate/Associate	6	Associated.				
Symetrical/Asymetrical	7	Right Hand Long Le				
Large/Axial	8	Axial				

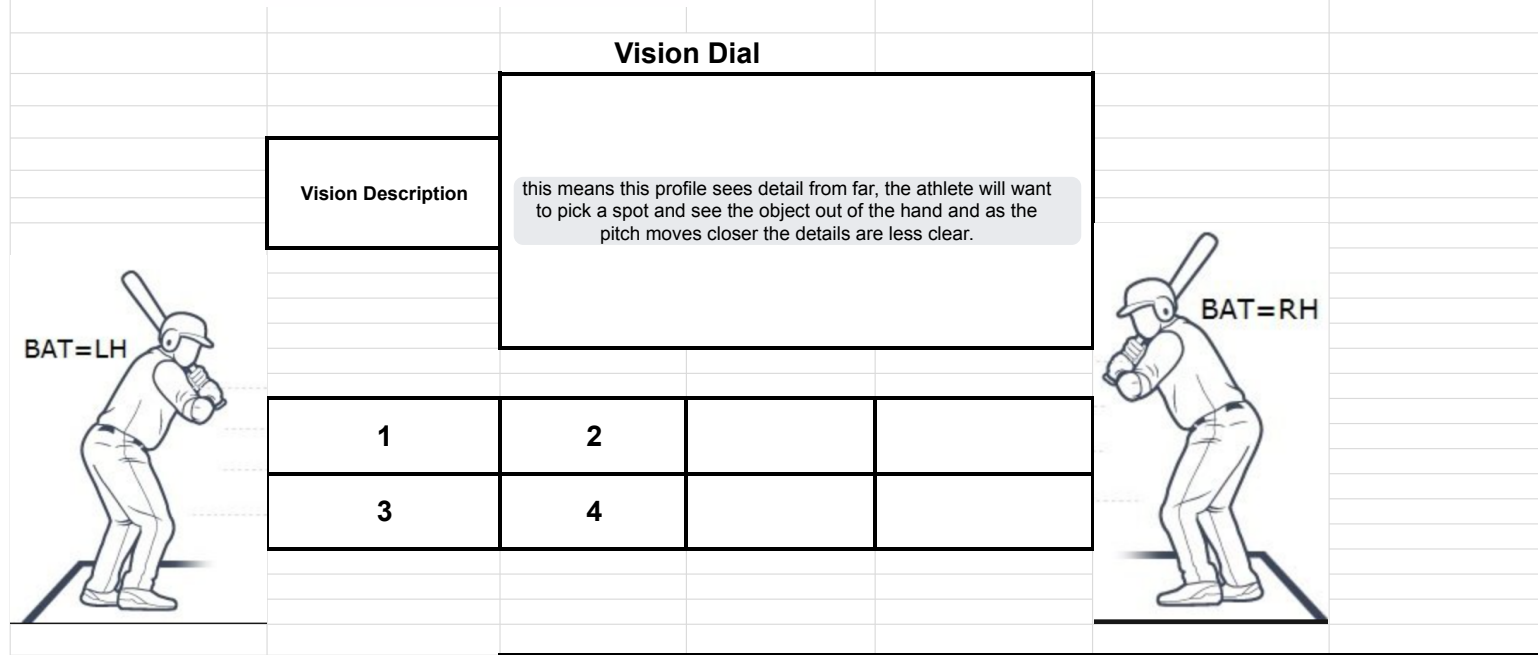
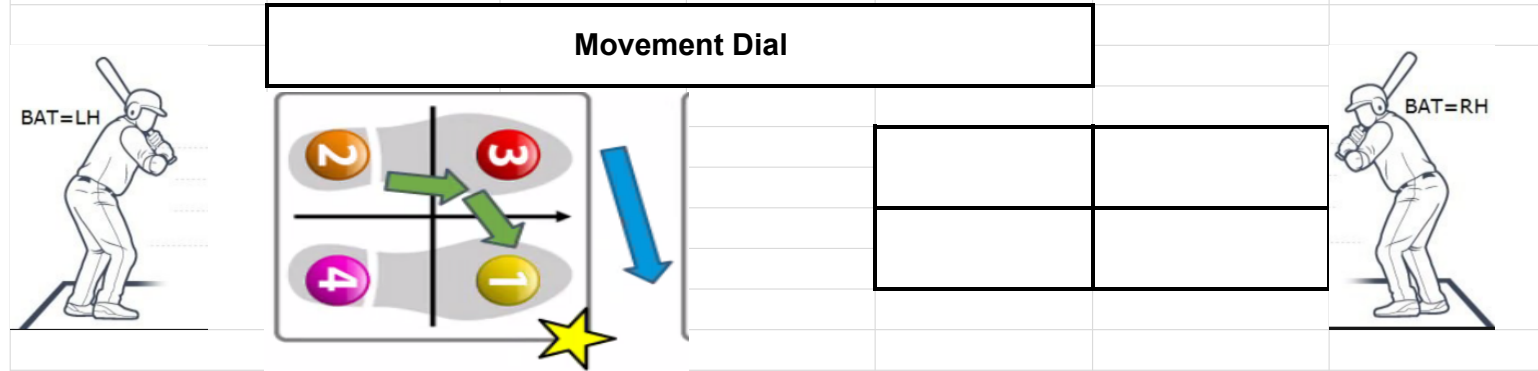
Breath In for Aerials are associated athletes. So they do not want to get "seperated". Seperating is pulling them out of their profile

Associated means the upper and lower body will have less then 30% of seperation. many feel like the upper and lower body move together. Te top shoulder and the hip move together

The arms are not going to look the same, in the stance or throw. The left arm will be longer and the right arm will be a shorter arm path

Axial means the hands like to stay close to the body in the swing and hands will stay closer to the body in the pitch instead of getting wide and fully extended.

Horizontal/Verticle	9	Horizontal.	Horizontal means the forearms are horizontal to the spine at first move
Motor Shoulder	10	Right Motor Front Shoulder	
Right/Left Eye	11	Right Eye Front Eye	Front motor eye allows this hitter to see the inside pitch better, combining the Front eye with the Terrestrial traits means this hitter sees low pitches more easily, and with the front motor eye can see inside pitches as well so the inside pitches very well,
Blue/Red-Horizontal/Verticle lines	12	Blue.	
Focal/Global Vision Description	13		



Hitting Cues:	One piece mover, trust the set up...breath in, leg up GO!				
Pitching Cues:					
Player Specific Cues	Breath In, Front leg lift and think front foot/leg				
Training Movements					
Training Ideas					
Equipment Suggestions					