

**PITCHERS**

# FOR WORKOUT

FULL NAME \_\_\_\_\_ DOB \_\_\_\_\_ WORKOUT DATE \_\_\_\_\_

First - Middle - Last

ADDRESS \_\_\_\_\_ PRIMARY POSITION \_\_\_\_\_

CITY,ST,ZIP \_\_\_\_\_ SECONDARY POSITION \_\_\_\_\_

CELL PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

HS NAME \_\_\_\_\_ LEVEL(A-5A) \_\_\_\_\_ HEIGHT \_\_\_\_\_ WEIGHT \_\_\_\_\_

GRAD YEAR \_\_\_\_\_ GPA \_\_\_\_\_ CLASS RANK \_\_\_\_\_ BAT \_\_\_\_\_ THROW \_\_\_\_\_

ACT/SAT \_\_\_\_\_

HS ROLE: NOT ON TEAM STARTER RELIEVER ALL-DIST ALL-STATE

HS COACH \_\_\_\_\_

|     |    |     |   |    |   |
|-----|----|-----|---|----|---|
| W-L | IP | ERA | K | BB | S |
|-----|----|-----|---|----|---|

HS COACH CELL \_\_\_\_\_

CURRENT

SUM. TEAM \_\_\_\_\_ SUM.COACH \_\_\_\_\_ COLLEGE/ JC \_\_\_\_\_

COLLEGE COACHES / PRO SCOUTS WHO'VE SEEN ME PLAY:

OTHER COLLEGE OPTIONS:

**PLEASE FILL OUT INFORMATION ABOVE THIS LINE NEATLY, BELOW THE LINE IS FOR WORKOUT EVALUATION**

**ROLE WITH HIGH SCHOOL TEAM**

STARTER MID.RELIEF CLOSER

# FOR WORKOUT

GENERAL EVALUATION

COMMENTS:

**ARM STRENGTH**  
(VELOCITY)

|                 |              |               |               |
|-----------------|--------------|---------------|---------------|
| <u>FASTBALL</u> | <u>CURVE</u> | <u>SLIDER</u> | <u>CHANGE</u> |
| _____           | _____        | _____         | _____         |
| _____           | _____        | _____         | _____         |
| _____           | _____        | _____         | _____         |
| _____           | _____        | _____         | _____         |
| _____           | _____        | _____         | _____         |

**COMMAND**

(CONTROL OF PITCHES)

|                 |              |               |               |
|-----------------|--------------|---------------|---------------|
| <u>FASTBALL</u> | <u>CURVE</u> | <u>SLIDER</u> | <u>CHANGE</u> |
|-----------------|--------------|---------------|---------------|

**MOVEMENT**

(BALL MOVEMENT TO BATTER)

|                 |              |               |               |
|-----------------|--------------|---------------|---------------|
| <u>FASTBALL</u> | <u>CURVE</u> | <u>SLIDER</u> | <u>CHANGE</u> |
|-----------------|--------------|---------------|---------------|