

BROOKS, Daniel

Date of Birth
10/21/2002

Phone Number

Weight
245 lbs

Average Score

Email
danielb231021@hotmail.com

Height
6 ft 8 inch

Graduation Year
2021

Average Ranking
1

10 yd Sprint

Time (sec)

Eval Score	Measurement	Rank
N/A	1.78	1

60 yd Sprint

Time (sec)

Eval Score	Measurement	Rank
N/A	7.28	1

Grip Strength Left

Weight (lbs)

Eval Score	Measurement	Rank
N/A	137.80	1

Grip Strength Right

Weight (lbs)

Eval Score	Measurement	Rank
N/A	137.20	1

Broad Jump

Distance (in)

Eval Score	Measurement	Rank
N/A	104.00	1

Vertical Jump

Distance (in)

Eval Score	Measurement	Rank
N/A	25.30	1

Shoulder Flex Right**Length (in)**

Eval Score	Measurement	Rank
N/A	-1.50	1

Shoulder Flex Left**Length (in)**

Eval Score	Measurement	Rank
N/A	4.00	1

Pro Agility Right**Time (sec)**

Eval Score	Measurement	Rank
N/A	4.62	1

Pro Agility Left**Time (sec)**

Eval Score	Measurement	Rank
N/A	4.71	1

Ball Exit Velocity**Speed (mph)**

Eval Score	Measurement	Rank
N/A	95.00	1

Throwing Velocity**Speed (mph)**

Eval Score	Measurement	Rank
N/A	94.00	1

Stand N Reach

Distance (in)

Eval Score	Measurement	Rank
N/A	-2.00	1

Shoulder Girdle Left front- LB**Weight (lbs)**

Eval Score	Measurement	Rank
N/A	50.00	1

Shoulder Girdle Right-Front- LBS**Weight (lbs)**

Eval Score	Measurement	Rank
N/A	50.00	1

Shoulder Girdle Lift Left**Time (sec)**

Eval Score	Measurement	Rank
N/A	22.90	1

Shoulder Girdle Lift Right**Time (sec)**

Eval Score	Measurement	Rank
N/A	18.37	1

Shoulder Girdle Right-Back- LBS**Weight (lbs)**

Eval Score	Measurement	Rank
N/A	18.37	1

Shoulder Girdle Left Back-LB**Weight (lbs)**

Eval Score	Measurement	Rank
N/A	22.90	1

WW- Weight Bearing Healthy Wrist - Left

Weight (lbs)

Eval Score	Measurement	Rank
N/A	110.00	1

WW- Weight Bearing Healthy Wrist - Right**Weight (lbs)**

Eval Score	Measurement	Rank
N/A	110.00	1

WW- Weight Bearing Injured Wrist - Left- With WW**Weight (lbs)**

Eval Score	Measurement	Rank
N/A	115.00	1

WW- Weight Bearing Injured Wrist - Right- With WW**Weight (lbs)**

Eval Score	Measurement	Rank
N/A	95.00	1

Hand Size**Distance (in)**

Eval Score	Measurement	Rank
N/A	9.25	1

Wing Span**Length (in)**

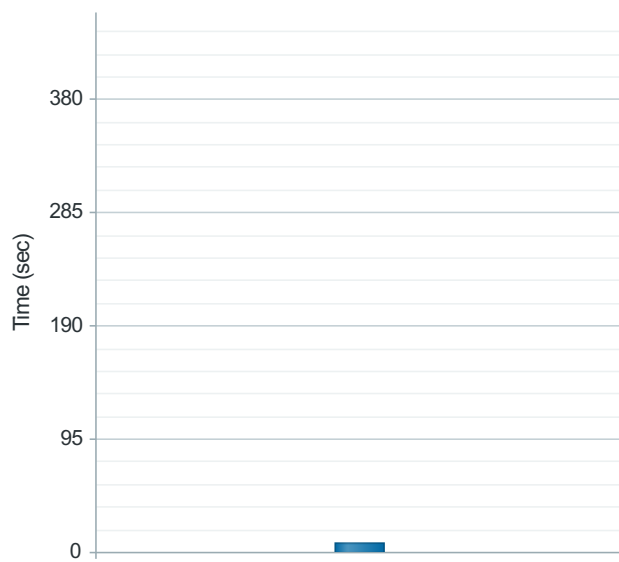
Eval Score	Measurement	Rank
N/A	80.62	1



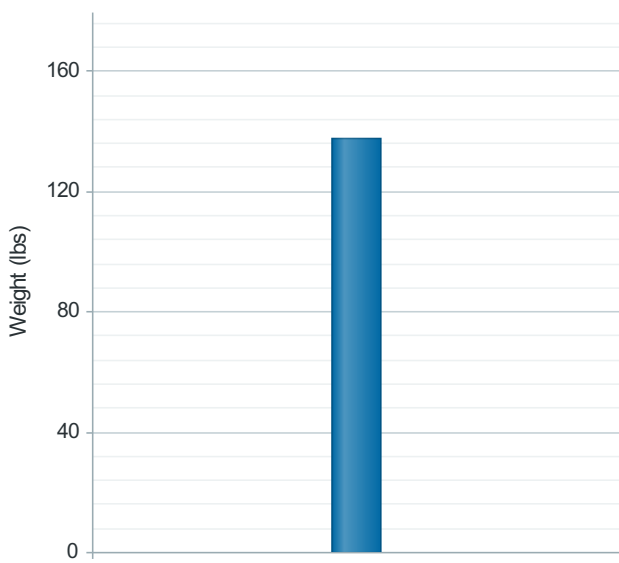
10 yd Sprint

Time (sec)

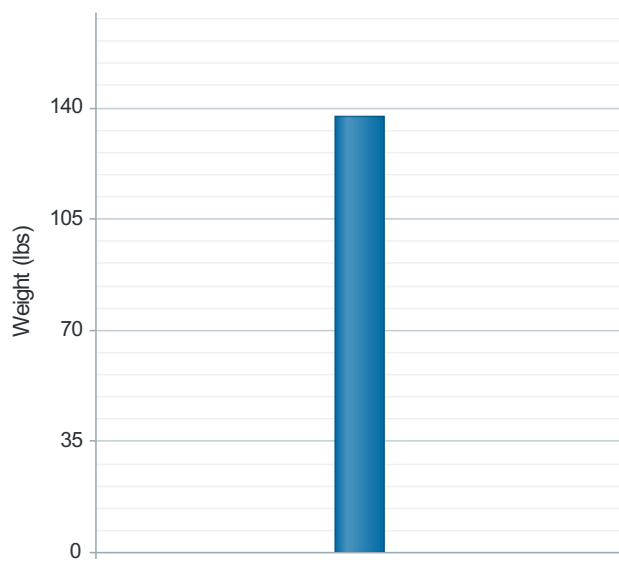
60 yd Sprint



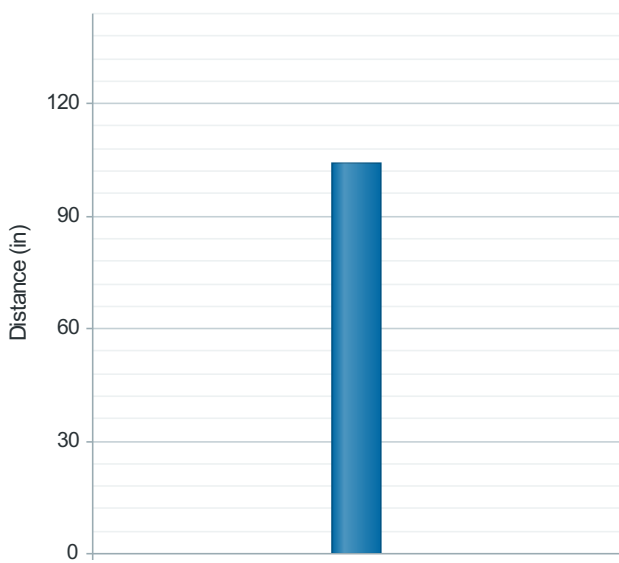
Grip Strength Left



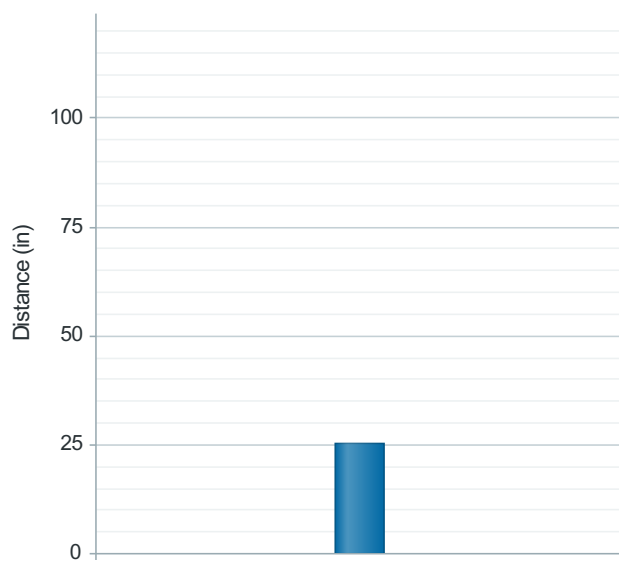
Grip Strength Right



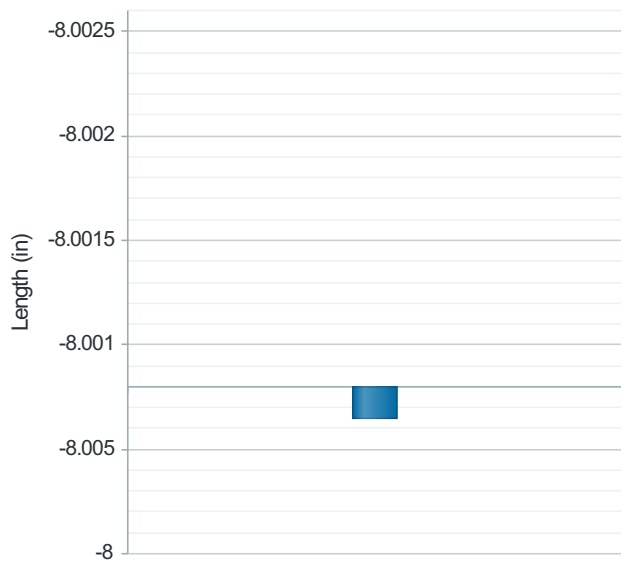
Broad Jump



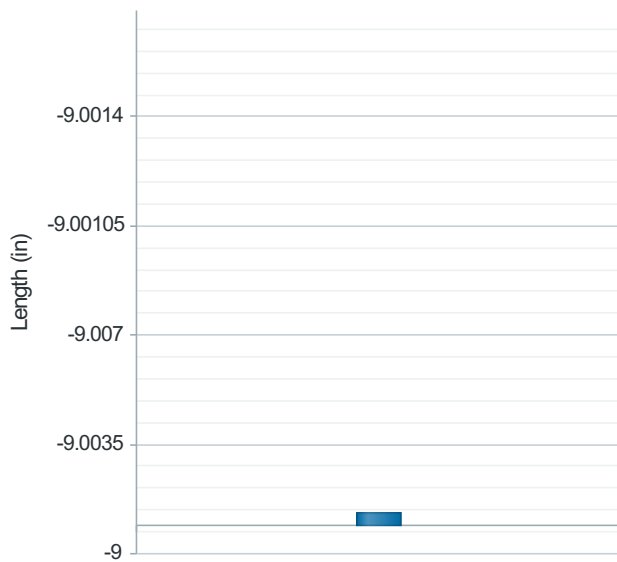
Vertical Jump



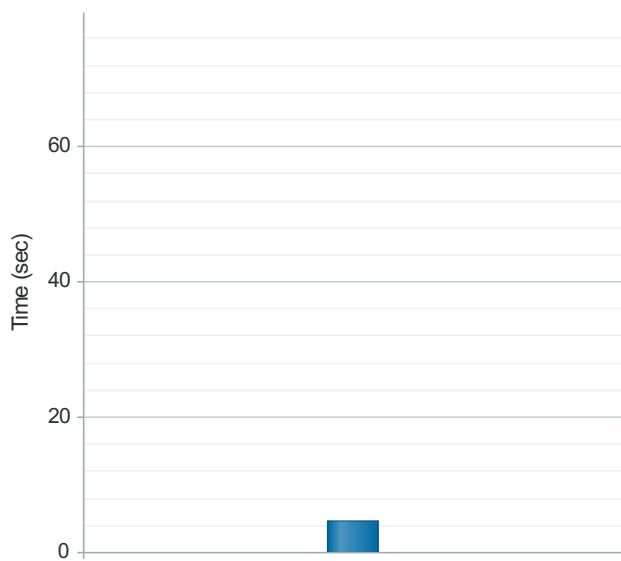
Shoulder Flex Right



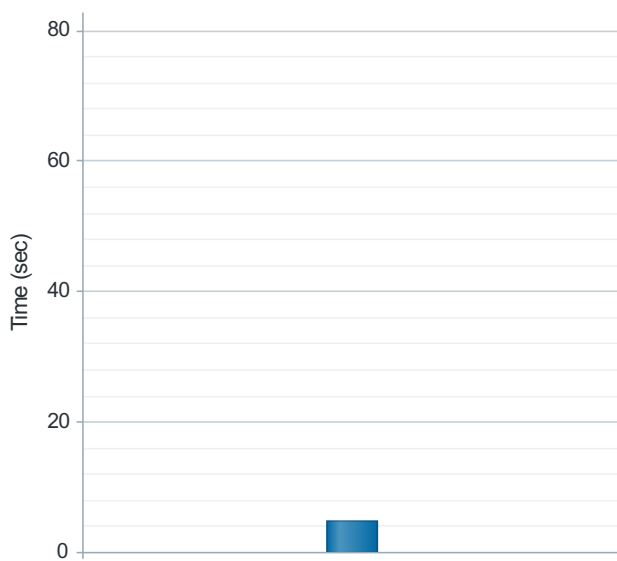
Shoulder Flex Left



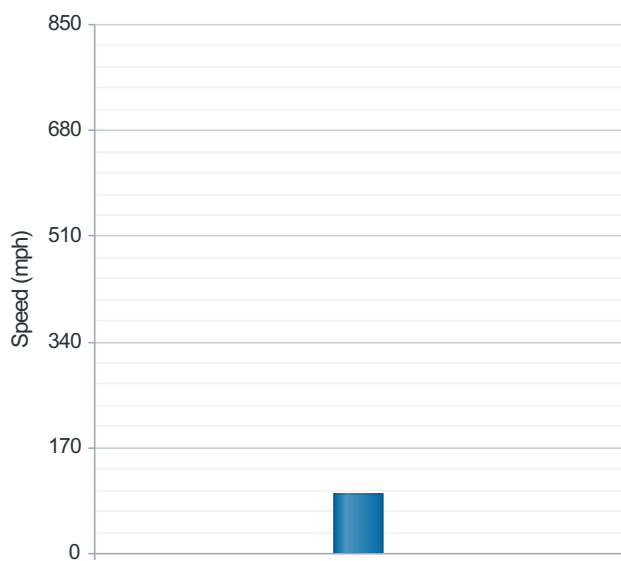
Pro Agility Right



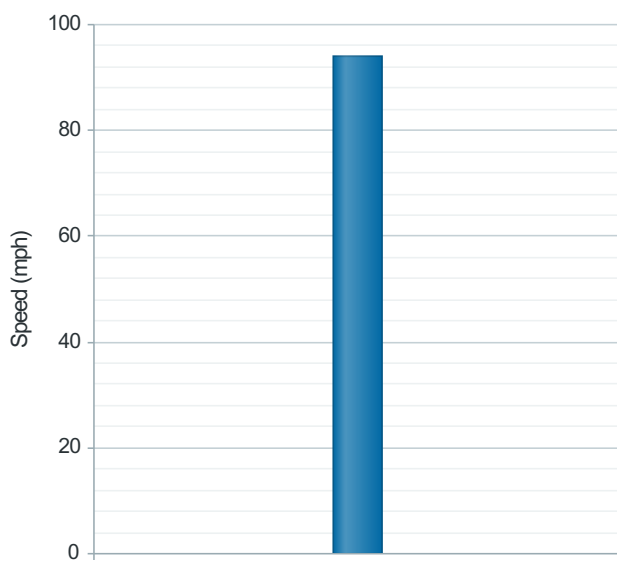
Pro Agility Left



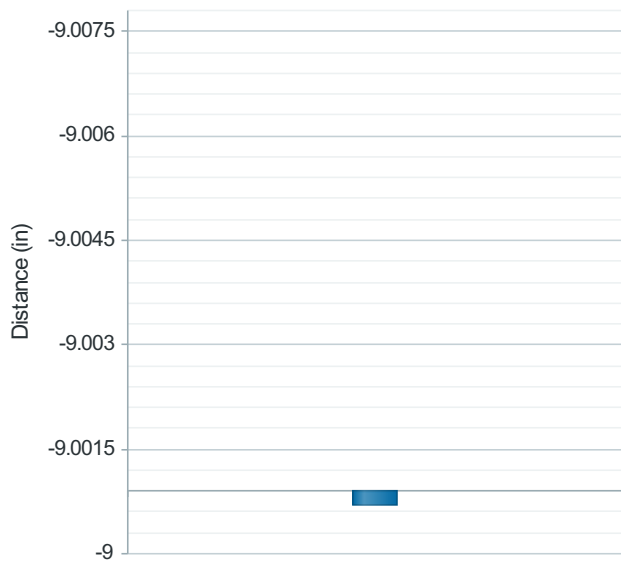
Ball Exit Velocity



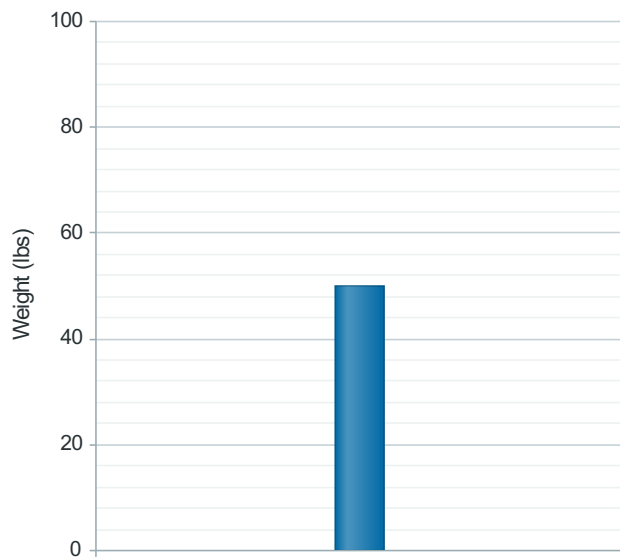
Throwing Velocity



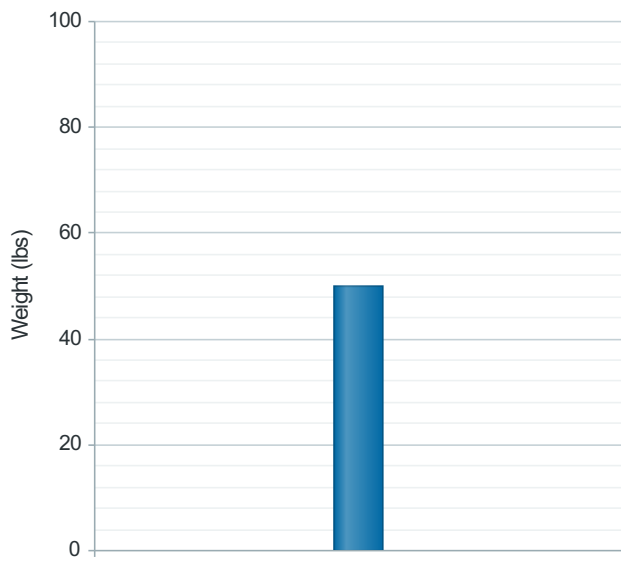
Stand N Reach



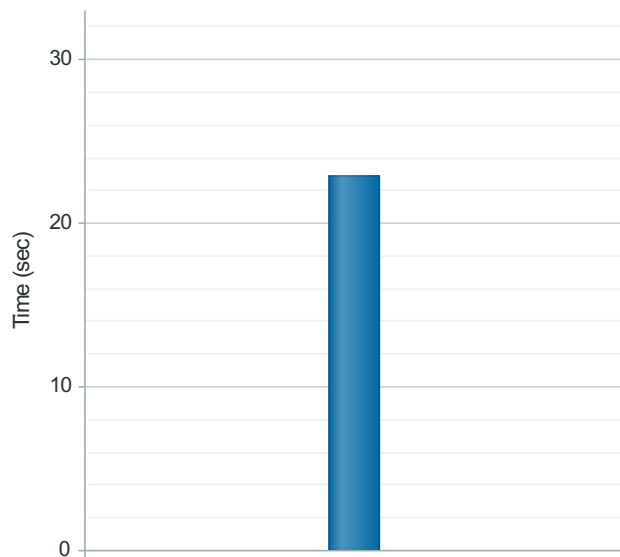
Shoulder Girdle Left front- LB



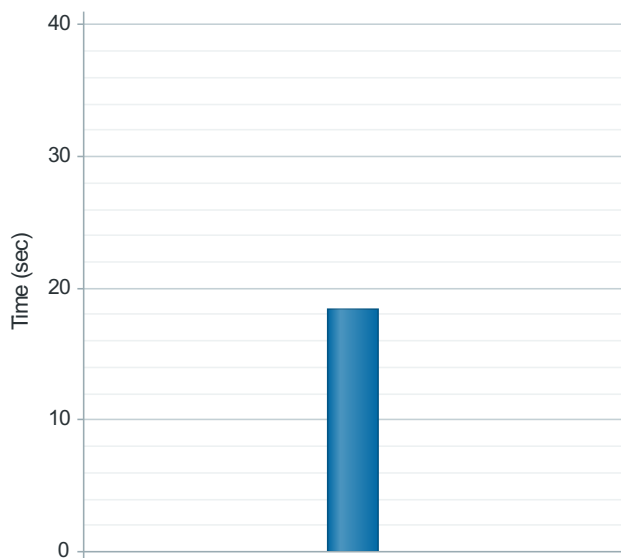
Shoulder Girdle Right-Front- LBS



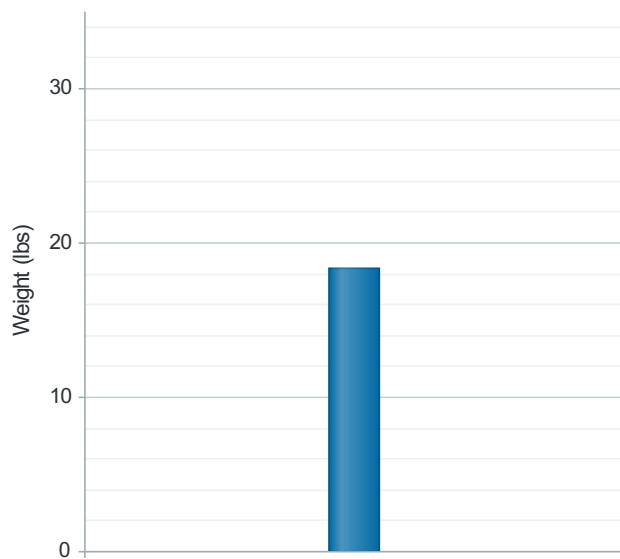
Shoulder Girdle Lift Left



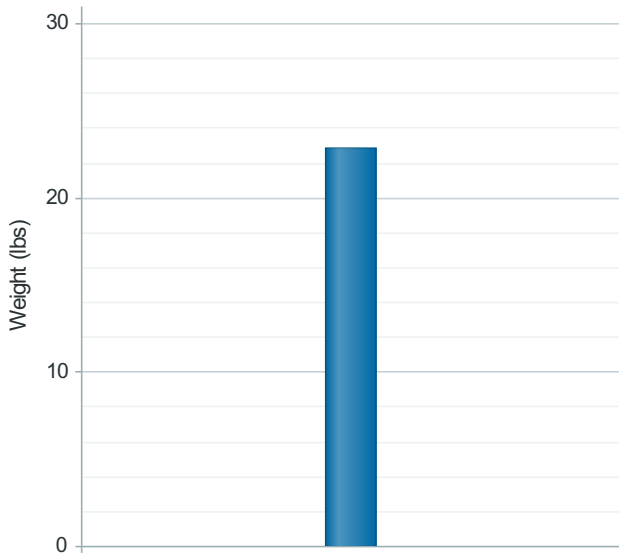
Shoulder Girdle Lift Right



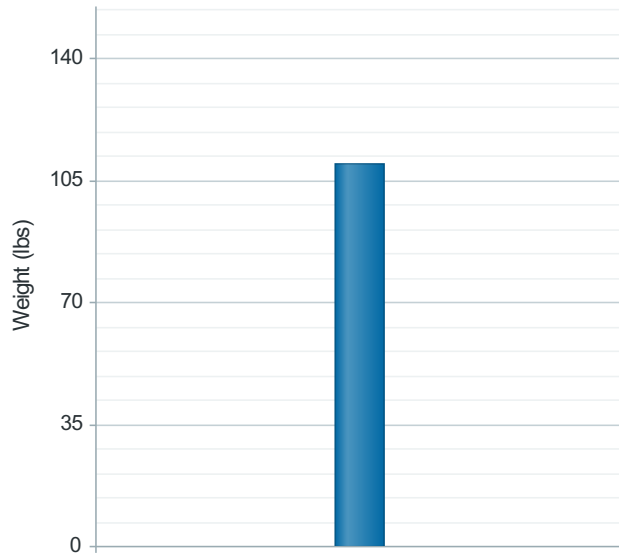
Shoulder Girdle Right-Back- LBS



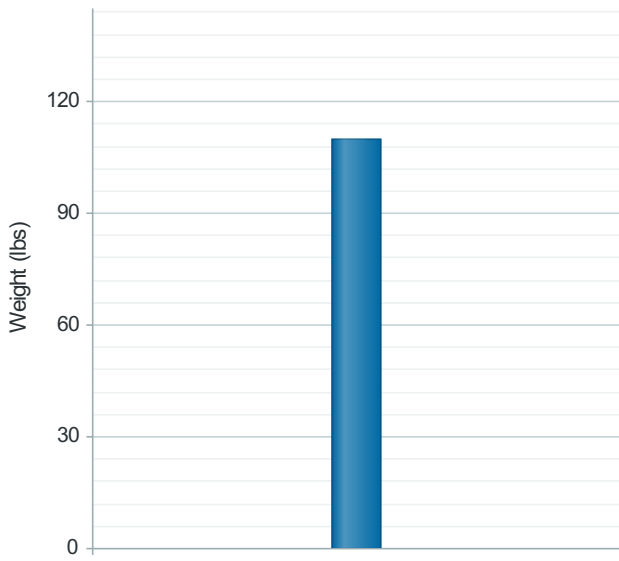
Shoulder Girdle Left Back-LB



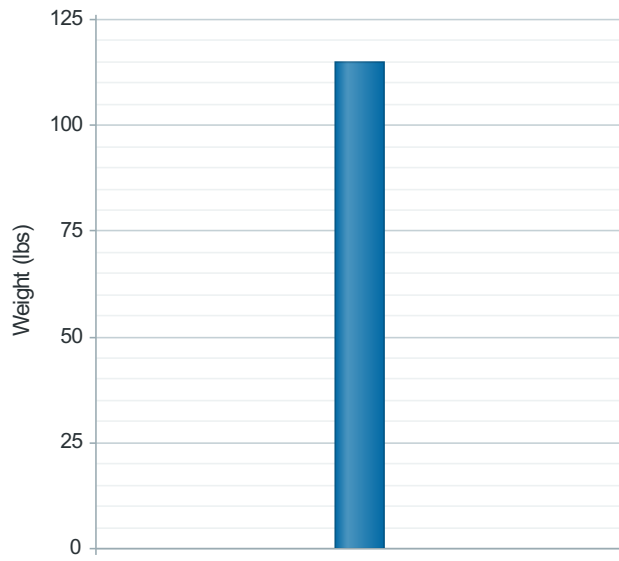
WW- Weight Bearing Healthy Wrist - Left



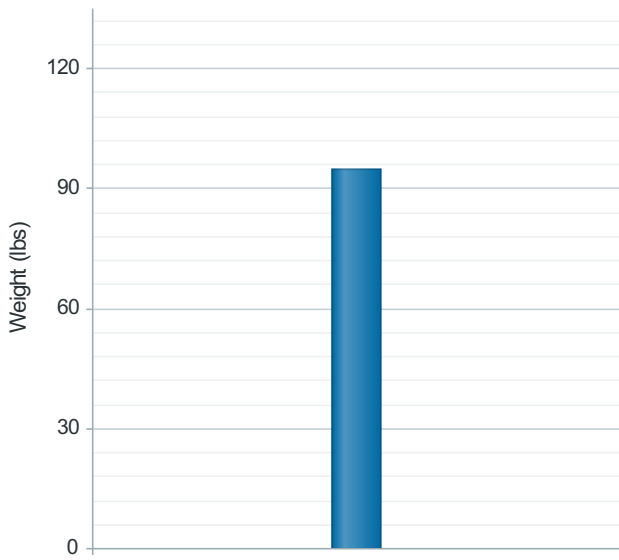
WW- Weight Bearing Healthy Wrist - Right



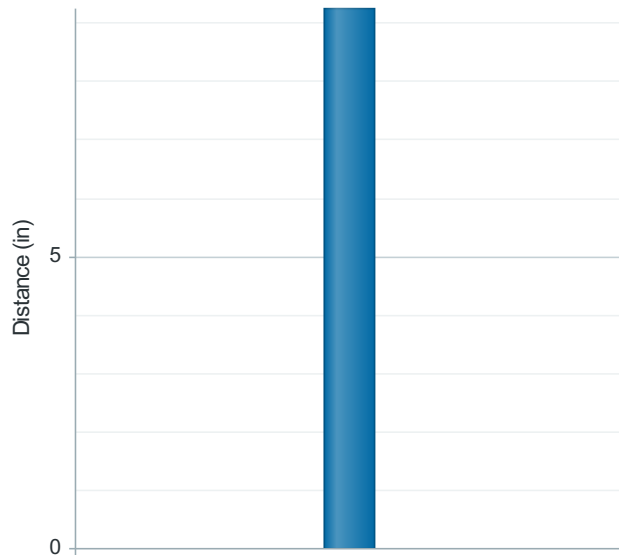
WW- Weight Bearing Injured Wrist - Left- With WW



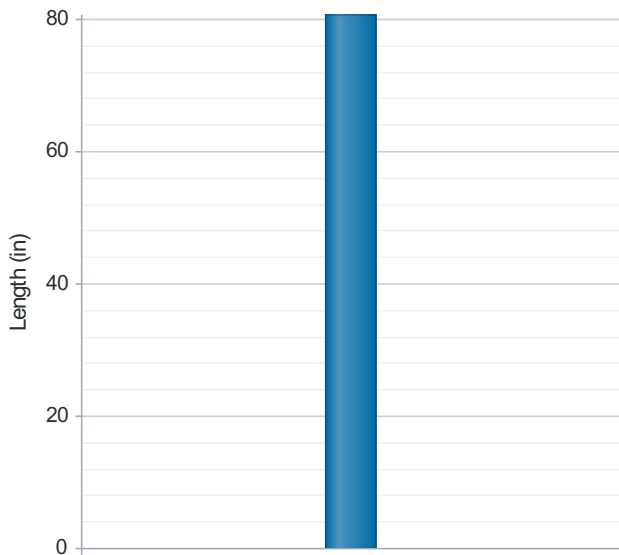
WW- Weight Bearing Injured Wrist - Right- With WW



Hand Size



Wing Span



Strengths

Very athletic and mobile for size. Confident player who appears humble and willing to put in work. Multisport athlete who has a fresh arm that has not been taxed. Beginning to get timing down and improve approach. Power pitcher who projects well recently topping out at 99 MPH. Currently very healthy with no known injuries coming into Sr. HS Year. College Of Charleston Commitment who has had a steady rise in performance and velocity in the past year. Recent success against top hitters in big venues proving ability and willingness to compete.

Weaknesses

Lower half cognitive association to pitching delivery. Imbalances that could create potential avoidable injuries. Small details need addressing. Has not yet been punched in the mouth yet to determine ability to make adjustments and retain confidence. Size can become a weakness if improper biomechanical delivery is not adjusted to be as efficient as possible.

Action Plan

On Time Pitching is providing consulting services to make impact pre-draft. A full biomechanical and neuromuscular analysis has been completed and sports testing data captured to be able to target specific areas of concern. Kelly Ahrens, Dr. Tom Hanson, Dr. Jay Patel, Jerry Meyers, Kevin Barr, Wendy Medeiros and Jan Scholtz are assisting in day to day review of athletes development. Michael Carpin is local pitching coach/strength coach who has been working with Daniel for the past few years. We will be working with him to monitor and address specific issues. Attacking gait issues with corrective exercises and neuro-muscular training- Monitored by Dr. Jay Patel. Attacking training and competition approach identifying key elements that will assist in being able to manage failure and prepare for next level with Mental MRI Review, How To Coach Me and Self Scouting Report- Monitored by Dr. Tom Hanson. Pitching mechanics, set up, delivery, finish, pitch selection and all technical pitching applications monitored by Jerry Meyers. Consulting and oversight for all parties assisting in programming for conditioning and development by Kevin Barr. Hand, Arm and limb monitoring including gut-health impact on recovery and overall nutrition impact. Jan Scholtz and Wendy Medeiros. Neuro-Muscular training and connectivity focusing on mobility, sequence and timing, grip command and development, and muscular endurance programming and monitoring. Manage day to day development leading the communications with the On Time Pitching Team by Kelly Ahrens. Athlete will complete a Daily Athletic Performance Survey and will enter all bullpens, game outings and activities into daily activity log. Daily monitoring for key issues and weekly consulting by Kelly Ahrens.