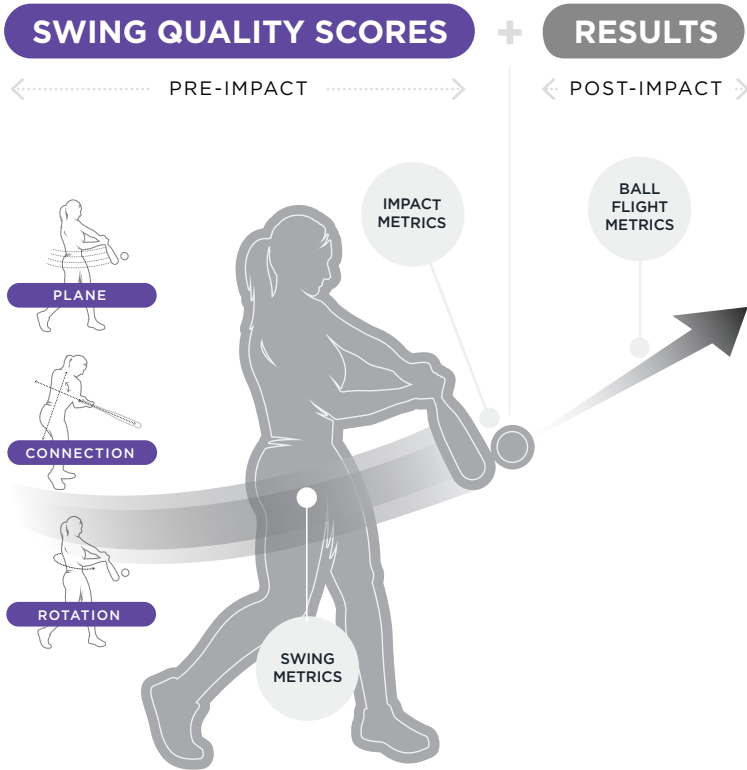
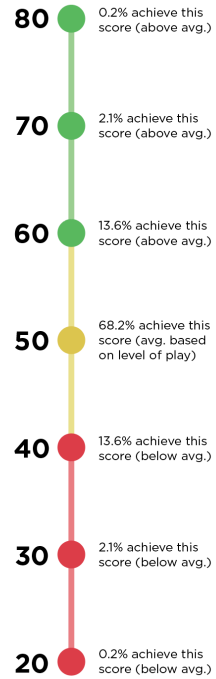


# BLAST SOFTBALL - QUICK REFERENCE



## STANDARD SCALE

Measures a player's swing performance and distributes it on a bell curve, based on level of play.

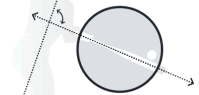


## PLANE



Scores your On-Plane Efficiency for each swing on the standard scale of 20-80.

## CONNECTION



Scores how connected your swing is by incorporating your Early Connection and Connection (at impact) on the standard scale of 20-80.

## ROTATION



Scores your Rotational Acceleration for each swing, on the standard scale of 20-80.

## SWING METRICS: IDEAL RANGES

| On Plane Efficiency %                    | Rotational Acceleration  | Early Connection                        | Connection at Impact                    |
|--|--|---|---|
| <b>70% or Higher</b><br>Range: 65% - 85% | <b>Greater than level of play avg.</b><br>Pro: 10.0g, College: 9.2g, Travel: 8.0g,<br>HS Varsity / JV / Recreational: 8.0g | <b>Target: 90°</b><br>Range: 80° - 105° | <b>Target: 90°</b><br>Range: 80° - 105° |

## IMPACT METRICS: IDEAL RANGES

| Level                     | Pro                      | College                  | Travel Ball 16U – 18U    | High School Varsity      | High School JV           | Travel Ball 12U – 14U    | Recreational             |
|---------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <b>Bat Speed</b>          | 57 – 63<br>MPH           | 57 – 66<br>MPH           | 51 – 61<br>MPH           | 51 – 61<br>MPH           | 42 – 56<br>MPH           | 38 – 52<br>MPH           | 32 – 46<br>MPH           |
| <b>Attack Angle</b>       | 3° to 15°                | 2° to 15°                | 0° to 15°                | 0° to 15°                | -2° to 15°               | -2° to 15°               | -2° to 15°               |
| <b>Vertical Bat Angle</b> | -10° to -40°             | -10° to -40°             | -10° to -40°             | -10° to -40°             | -10° to -40°             | -10° to -40°             | -10° to -40°             |
| <b>Time to Contact</b>    | 0.15 – 0.18<br>seconds   | 0.15 – 0.18<br>seconds   | 0.16 – 0.19<br>seconds   | 0.16 – 0.19<br>seconds   | 0.16 – 0.22<br>seconds   | 0.16 – 0.22<br>seconds   | 0.18 – 0.25<br>seconds   |
| <b>Peak Hand Speed</b>    | 18 – 20<br>MPH           | 18 – 21<br>MPH           | 16 – 20<br>MPH           | 16 – 20<br>MPH           | 14 – 22<br>MPH           | 13 – 21<br>MPH           | 10 – 18<br>MPH           |
| <b>Power kW</b>           | 2.05 – 2.77<br>kilowatts | 2.02 – 2.90<br>kilowatts | 1.48 – 2.31<br>kilowatts | 1.48 – 2.31<br>kilowatts | 1.25 – 2.45<br>kilowatts | 0.80 – 2.20<br>kilowatts | 0.60 – 2.05<br>kilowatts |