



## Thank You for Opening our Newsletter

Thank you for opening and reading our newsletter. If you need a [scoreboard](#), scorers table, or our latest product, a removable fence we would welcome the opportunity to meet with you and discuss your options. We hope you get something out of our articles and thanks again for opening.

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### [The Hitting Revolution Will Be Computerized](#)

"Going back to high school, the Orioles 2015 first-round pick always made plenty of contact. He always hit the ball hard.

But a lot of Mountcastle's hits were well-struck singles. As a 19-year-old at low Class A Delmarva in 2016, he hit .281/.319/.426 with 10 home runs as one of the better hitters in the South Atlantic League.

While there's nothing wrong with hitting singles, Mountcastle knew he could do better.

So that offseason he started working with Baseball Rebellion's trainers. In the his first turn in the batting cage, Mountcastle showed again that he hit the ball hard. In a batting practice session measured by a HitTrax radar, he showed an average exit velocity of 95 mph and a max exit velocity of 100.5. His average launch angle for his swings was measured at nine degrees. That meant that the ball was leaving his bat on a very slight upward trajectory".....

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## VIDEO : MLB Central Demos Launch Angle

"Mark DeRosa and Kevin Miller discuss the new trend in baseball of utilizing an upward launch angle to hit longer and more home runs."

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## HS Forfeits Game Over Pitch-Count Violation

'The increasing number of serious arm injuries to baseball pitchers has led to some rules changes at the high school level. A violation of one of those rules recently cost Page a game, but fortunately not a pitcher.

The Pirates' Jake Knapp exceeded the single-game pitch limit March 22 in a 3-1 win at Northwest Guilford. When the violation of the rule was reported and confirmed, Page forfeited the Metro 4-A Conference game and will be required to pay a \$500 fine." .....

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## Mallee's numbers tell story about Phillies' bats

Hitting coach uses statistical data to identify, strengthen weaknesses at plate  
"Before John Mallee ever stepped into a batting cage with a Phillies hitter, he knew him.

He knew his strengths and weaknesses. He knew his tendencies. Mallee knew these things because after the Phillies hired him as their hitting coach in November, he dug deep into the numbers.

"A lot of times through the data you can kind of tell who they are," Mallee said.  
"What is their behavior? What is their approach? Is he a first-pitch swinger? How often are those pitches in the zone? Is that something we need to make an adjustment on early in the count? What is his production with two strikes? Over 50 percent of your at-bats are going to be with two strikes." .....

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