



Jack Arend  
Assistant Baseball Coach, Dartmouth College  
6083 Alumni Gym, Hanover, NH 03755  
john.patrick.arend@dartmouth.edu

Stanford All Star Camp - Session 4 - [REDACTED] Evaluation

Power Ball Throw	Vertical Jump	30 Yard Dash	20 Yard Shuttle	60 Yard Dash
41'	24.5"	3.93	5.08	7.13

**Offensive Evaluation:** You have a solid swing with good bat-to-ball skills. You have a lot of movement throughout your swing, but move well enough to get the barrel to the ball on a consistent basis. At times, you will cut your swing off and become "handsy" through extension. There are multiple drills that you can do to help with getting through extension to various pitches: high tee, low tee, double tee (where you put a baseball on two tees - one right in front of the other tee working on squaring up both balls through the middle of the field), and off set front flips to work on driving pitches both inside and outside. As indicated below, your exit velos are at a good number and can easily go up by focusing on extending through the baseball.

Game Results: 2-8, 2 K, 2 SB, 1 RBI

AVG EV	AVG DIST	Max Velocity	Max Distance
85.3	266.0	86.5	303

**Defensive Evaluation:** You are a sound defensive player. You read swings well and run well enough to play anywhere in the outfield. The best thing for you to do defensively is to 1) play long toss as much as possible to build arm strength and stamina and 2) get live reads off the bat and take them seriously - this is where you can better understand yourself as an outfielder with what balls you can get to off the bat and how to read those tough lie drives that are hit right at you.

**Overall:** [REDACTED], you came ready to play! I really enjoyed your energy and effort. With more strength and conditioning work over this offseason, I think you are right on pace to have a solid Senior season.



**STANFORD CAMP - TEAM 13 - COACH J.D. PULFER**

**#40 [REDACTED] – C/1B/RHP - 2024**

**Hitting:** Average. 3-8. 1BB. 2Ks. Very quick hands. Relies on quick bat. Does not separate hands. Needs to create more space to maximize bat speed and power. More stretch of the hands and torso will create more kinetic energy in swing. Chokes bat with top hand causing him to cut off swing plane at times losing distance off barrel. Needs to put bat in fingertips to allow wrists to work throughout the swing to increase whip in the barrel. Has good foundation in the ground. Projects as a power type hitter. Shows power to all fields. Hit Trax data shows ability to repeat and find consistent contact to power.

**Fielding:** Average/Above Average. 1B: Demonstrates basic knowledge of position. Moves well and has good bag awareness. Footwork fielding and situational knowledge can improve. Gets lost in positioning during certain situations and knowing where to be before the play happens. Anticipation of ball being hit to certain parts of the field will help improve first steps and responsibilities. C: 1.97 in game pop time. Transfer needs to clean up a bit, tends to get long. Needs to work glove turning to chest to pull ball straight out. Lets glove go away from body. Receives well, good timing with glove. Set up has too much movement. Too many steps, gets to location late and target sits too high. Projects highly as a Catcher that can run and hit.

**Arm:** Above Average. 2.0-2.1 between innings consistently. 1.97 in game. Shows good arm strength and good foundation with the legs to create power in throw. Effortless and smooth. Clean spin out the hand.

**Pitching:** Below Average. FB 82-84. Breaking Ball 69-73. Change Up 73. High ¾ are slot. Fastball has some ride. Showed a 12/6 breaking ball that he had decent feel for. Flashed a change up with a little bit of arm side action. Fastball was quite wild but was effective when in the zone. Good frame to build on. Has definite upside if harnessed. Backend type arm. Relies solely on arm strength. Needs to work with someone on mechanics to develop more velo out of that frame.

**Assessment:** Above Average. Highly projectible player. Slightly raw in the game due to location. Needs to play against better talent to grow in the game. Hits with power, commands field behind the plate, and moves well. Very physical player that shows high potential. Needs to get 60 down to 7.0 to be elite category of catchers.

**HIT TRAX DATA:**

<u>Avg Exit Velo</u>	<u>Avg Exit Rank</u>	<u>Avg Distance</u>	<u>Avg Distance Rank</u>	<u>Top Exit Velo</u>	<u>Top Exit Rank</u>	<u>Top Distance</u>	<u>Top Distance Rank</u>
85.7	28/190	264.7'	37/190	86.7	33/190	288'	34/190

**CONDITIONING DATA:**

<u>Power Ball Throw</u>	<u>Vertical Jump</u>	<u>30yard Dash</u>	<u>20yard Shuttle</u>	<u>60yard Dash</u>
50'	23"	3.97	5.28	7.24

**Projected Level After High School:** DIII, DII, DI



All Star Session 4 Camp Evaluation

Evaluator: Coach Schroter

Player: [REDACTED]

[REDACTED]

As your coach I thought you carry yourself the way most coaches like to see. Always cool, calm and collected. You know who you are as a player and do not try and get outside of that. Continue this approach so you can let your athleticism take over. With your big athletic body and versatility to play other spots you will get a lot of eyes looking at you.

In the field you are always ready and got good jumps because of your ability to read the ball off the barrel. I was very impressed with the routes you took and the ground you could cover in CF. Being able to play CF is huge because it will give you more opportunity to get more playing time at the next level. The arm strength was avg with above avg accuracy from my view. I would continue to work on long toss program and try to develop a smooth, field-transfer-throw in the OF all-in-one motion.

At the plate I thought you had a good approach with a solid pitch selection for a showcase environment. Hands stayed tight for the most part and the swing was short and compact because of that. Gets the ball deep and has a loud barrel when contact is made. Really good when you do not over commit and trust your quick hands to get the barrel to right spot. I thought you were rarely beat at the plate and had consistently good AB's no matter the result. These actions will play at the next level as the pitchers will start throw harder and supply more power to a very consistent barrel path.

Get on a weightlifting, long toss and agility program to add to your already athletic base and actions. Also continue to get after good reads in CF during BP as live reps will give you the most feedback.

**Kenton Schroter**  
***Assistant Baseball Coach***

3700 Willow Creek Road  
Prescott, AZ 86301  
928.777.4717  
[schrotek@erau.edu](mailto:schrotek@erau.edu)

**Embry-Riddle Aeronautical University**  
Florida | Arizona | Worldwide



JOHNS HOPKINS  
UNIVERSITY

Nice job this week. I appreciate your effort and hope you had a good camp experience. I have developed a few brief comments on your play and a resource or two for you to review. Hopefully, my comments will help you take the next step on your baseball development.

#### Infield Defense:

You moved pretty well at 2b. Because of your age and arm strength, I had you play 2b more in game 2 and 3.

- continue to work on hop selection - we want to play long or short hops and use our eyes and footwork to avoid fielding "in between" or hops on the way up.
- work on your hands and glove action - reps are the key. Tennis balls are fine to get at home reps. Focus on the catch and mid-body, chest gather.
- throwing/ arm action - as we discussed, your arm action is pretty long, and you get under the ball with your elbow as you throw. See the link below for some good instructions for improving that action.

Great video on infield play here - check out the arm work starting around 35 minutes into the video.

<https://www.youtube.com/watch?v=HgHY4VW71VM&t=907s>

#### Hitting:

You had a few hits and four walks in 10/12 ABs in games, not bad.

- You have very little upper or lower half load. Think about wanting to throw your most powerful punch... I would use that in my pre swing setup. Hands back (almost in a good throwing position) and weight really coiled into your back leg/hip.
- Not sure if you realize but your bat head tilts backs toward the catcher before you swing. Try a super quick bat tilt toward the pitcher, then a quick movement back to turn the barrel.

Here is a link for an analysis of Mike Trout's hitting mechanics that I think is pretty good and should help to explain "getting weight into the rear leg (with limited forward move) concept and the barrel turn I mentioned in our post game three meeting. The good stuff starts at the 5-minute mark.

[https://www.youtube.com/watch?v=mGqsNkq\\_fpE](https://www.youtube.com/watch?v=mGqsNkq_fpE)

As a 2025 graduate you have time to improve and should naturally get better with more experience. You can make bigger gains if you focus on these items and get in the weight room. Bigger and stronger also increased speed and quickness... crucial elements in middle infielders.

All the best to you buddy!  
Coach Marlow