

PowerMaxx Case Study

PowerMaxx Sports, Inc. - February, 2021

Overview

- Sandlot Elite Training, a baseball training organization in St. Louis, MO, used the PowerMaxx in training sessions with one high school pitcher.
- Two training sessions were conducted on two different days, and pitching data was collected.
 - The high school pitcher was with Sandlot Elite Training for one month only.
 - The high school pitcher did not use any weighted ball or velocity training.
 - Prior to the Sandlot Elite Training sessions with the PowerMaxx, the high school pitcher had an average velocity of 84-86 MPH, and a top speed of 87 MPH.
- Results indicate the pitcher was able to adjust and demonstrate significant improvement in pitching performance.

Specifics of Pitcher Training

<i>Date of Training</i>	February 2016
<i>Location of Training</i>	Sandlot Elite Training, St. Louis, MO
<i>Pitching Instructor</i>	Zac Perlman
<i>Pitcher</i>	High school senior
<i>Number of Sessions</i>	2 sessions on two different days
<i>Equipment Used</i>	PowerMaxx, radar gun

Pitch Data Analysis – Fastball 1 of 4

Session 1

- 21 Pitches
- 10 Fastballs

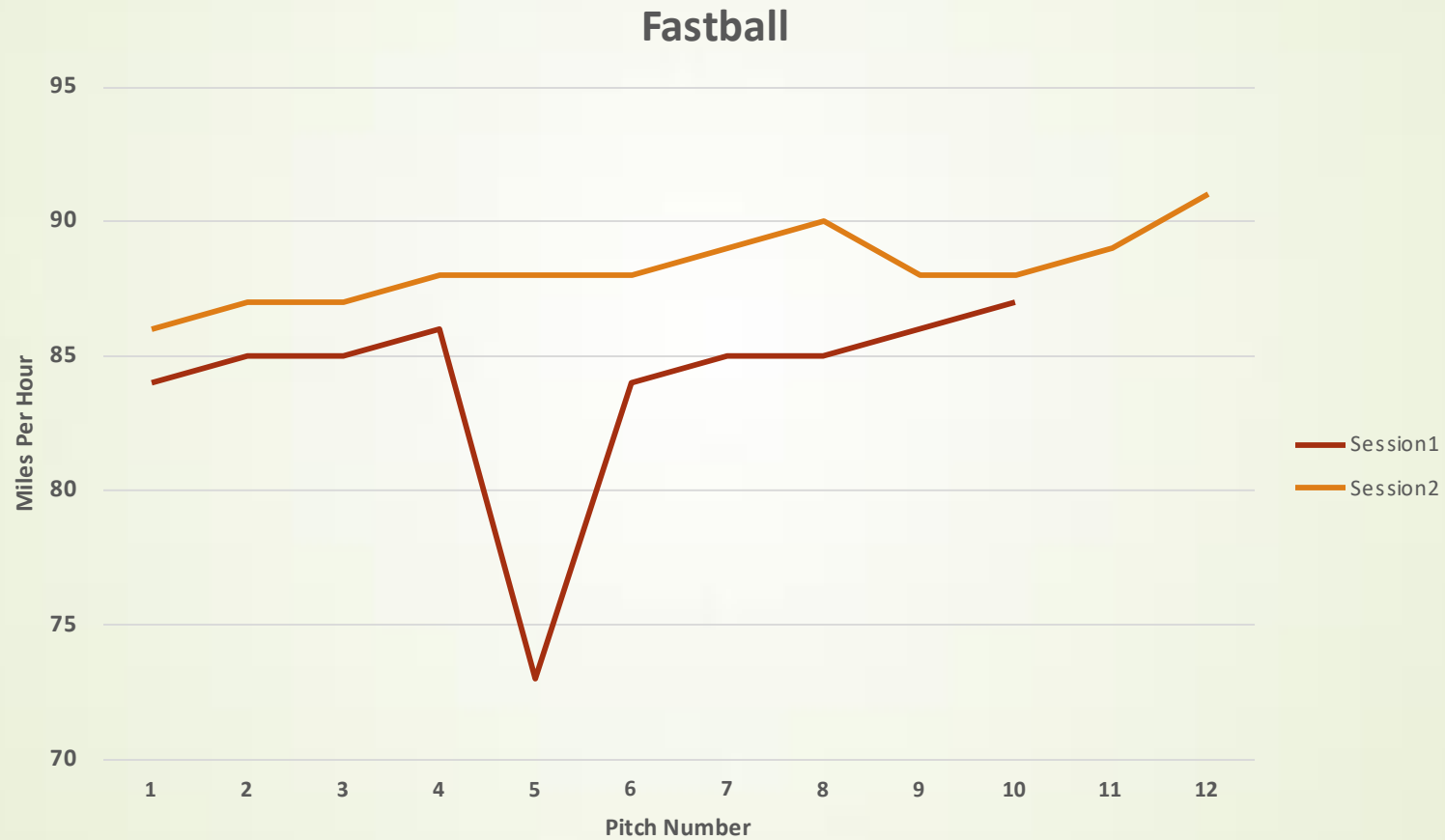
	Number of Fastballs	Average Speed MPH	Highest Speed MPH
On Time	5 (50%)	85.6	87
Not On Time	5 (50%)	82.4	86

Session 2

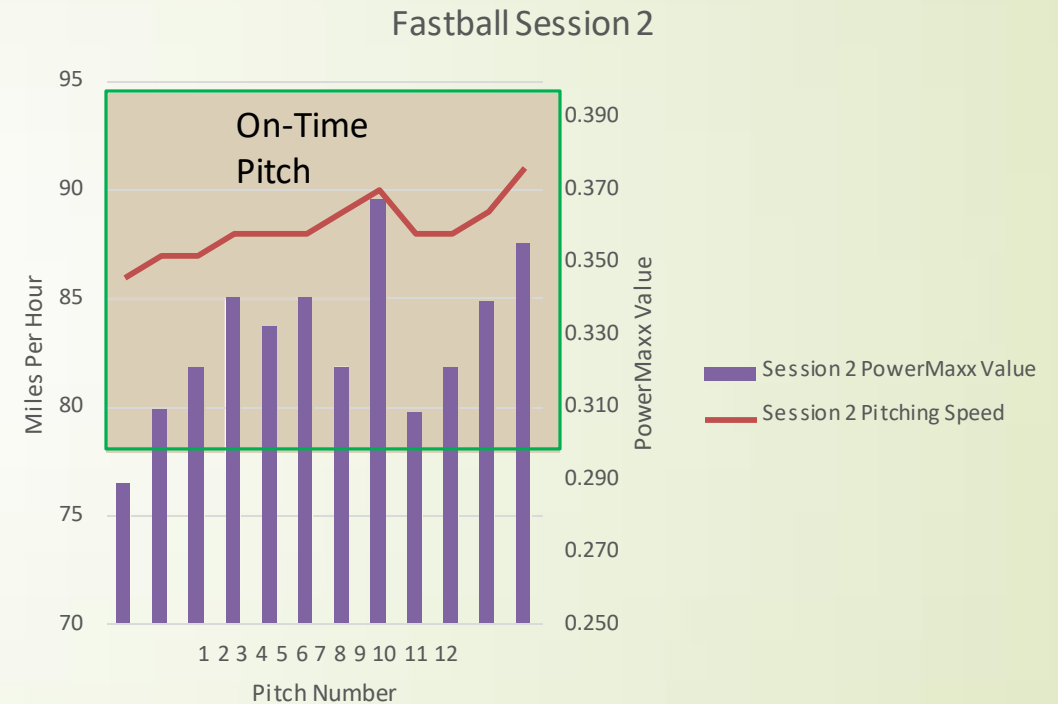
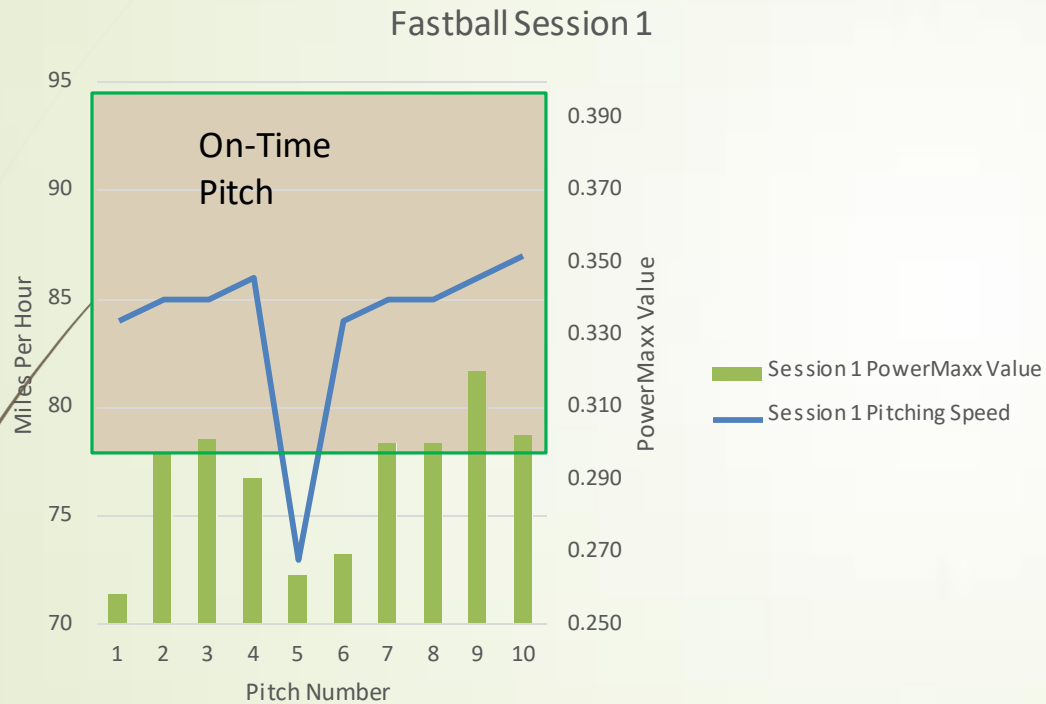
- 22 Pitches
- 12 Fastballs

	Number of Fastballs	Average Speed MPH	Highest Speed MPH
On Time	11 (92%)	88.5	91
Not On Time	1 (8%)	86.0	86

Pitch Data Analysis – Fastball 3 of 4



Pitch Data Analysis – Fastball 4 of 4



Pitch Data Analysis – Curveball 1 of 2

Session 1

- 21 Total Pitches
- 5 Curveballs

	Number of Curveballs	Average Speed MPH	Speed Differential from Fastball MPH
On Time	2 (40%)	74.0	-11.6
Not On Time	3 (60%)	72.7	-9.8

Session 2

- 22 Total Pitches
- 5 Curveballs

	Number of Curveballs	Average Speed MPH	Speed Differential from Fastball MPH
On Time	4 (80%)	75.3	-13.2
Not On Time	1 (20%)	76.0	-10

Pitch Data Analysis – Curveball 2 of 2

Session 1 Value and Result for Curveball

5 Curveballs				
	PowerMaxx Value	Result	MPH	
On Time	.301	Strike	75	Percent On Time 40%
	.389	Ball	73	
Not On Time	.197	Ball	73	Percent Not On Time 60%
	.239	Ball	71	
	.290	Ball	74	

Session 2 Value and Result for Curveball

5 Curveballs				
	PowerMax x Value	Result	MPH	
On Time	.313	Strike	74	Percent On Time 80%
	.333	Strike	75	
	.310	Ball	76	
	.321	Strike	76	
Not On Time	.290	Ball	76	Percent Not On Time 20%

Pitch Data Analysis – Changeup 1 of 2

Session 1

- 21 Pitches
- 5 Changeups

	Number of Changeups	Average Speed MPH	Speed Differential from Fastball MPH
On Time	3 (60%)	76.7	-8.9
Not On Time	2 (40%)	75.0	-7.4

Session 2

- 22 Pitches
- 5 Changeups

	Number of Changeups	Average Speed MPH	Speed Differential from Fastball MPH
On Time	3 (60%)	79.3	-9.1
Not On Time	2 (40%)	81.0	-5.0

Pitch Data Analysis – Changeup 2 of 2

Session 1 Value and Result for Changeup

5 Changeups				
	PowerMax x Value	Result	MPH	
On Time	.379	Strike	79	Percent On Time 60%
	.339	Strike	76	
	.399	Strike	75	
Not On Time	.419	Ball	74	Percent Not On Time 40%
	.430	Ball	76	

Session 2 Value and Result for Changeup

5 Changeups				
	PowerMaxx Value	Result	MPH	
On Time	.387	Strike	80	Percent On Time 60%
	.392	Strike	79	
	.380	Strike	79	
Not On Time	.426	Ball	81	Percent Not On Time 40%
	.405	Ball	81	

Conclusions

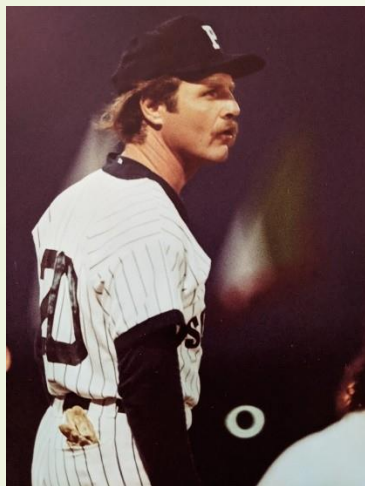
□ Comments from Zac Perlman, Pitching Instructor

The machine helped him understand timing more than anything. He was only with us for one month and we never used any weighted ball or velocity training with him. Prior to coming here and using the machine his average velocity was 84-86, Top 87. When we were able to identify some issue he had through the help of the machine he was sitting 86 - 88 and topped 91.

□ Conclusion from Marshall Canosa, CEO, PowerMaxx Sports, Inc.

As an instructor, I would be able to build future workouts for this young man without any wasted time, effort or guesswork, based upon our empirical value set. I would know his strengths and weaknesses and be able to focus on each of them objectively. It is obvious that this young man was able to correct parts of his delivery to make himself more efficient, more powerful (increased velocity) and show very positive results.

Contact



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