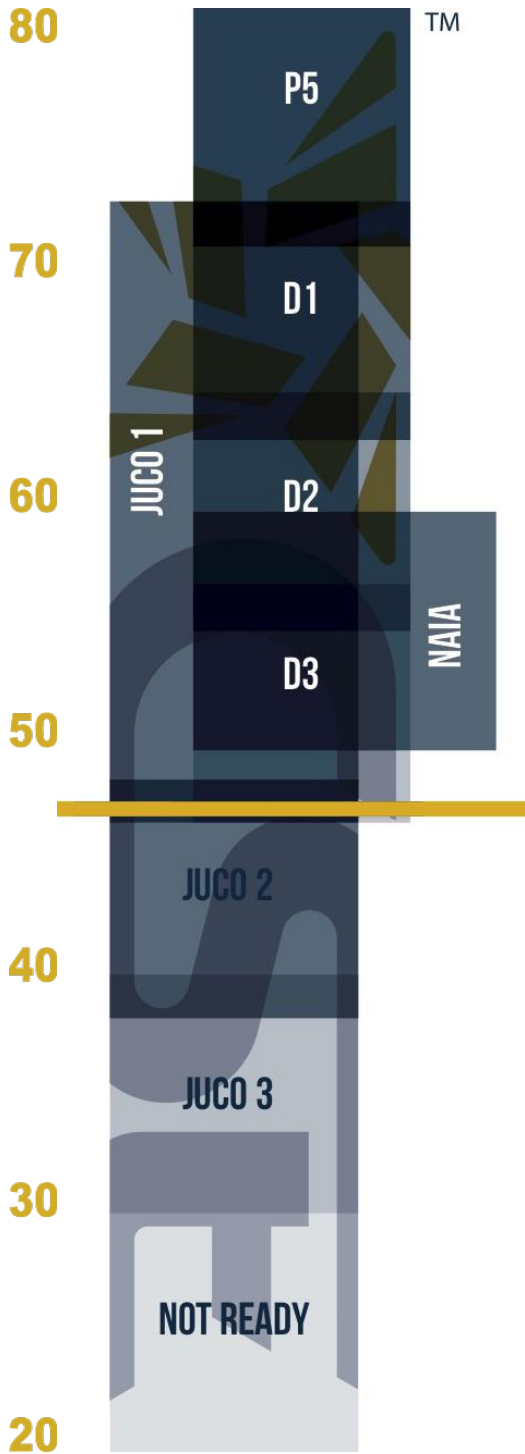


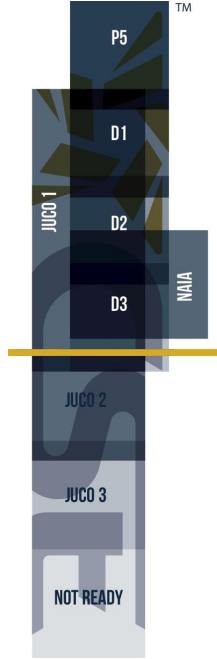


**Carolyn Rosenberg**  
**2020**  
**Pitcher Report**

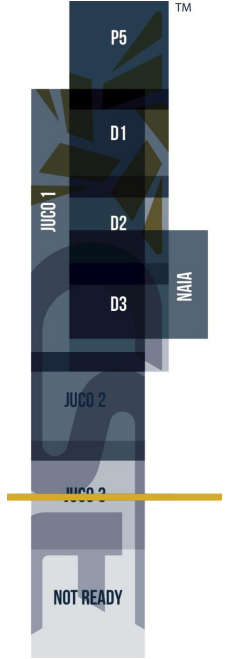
**47/80 POINTS**  
**OVERALL CSE SCORE**



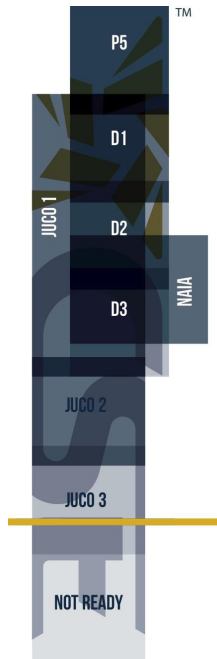
**PITCH COMMAND**



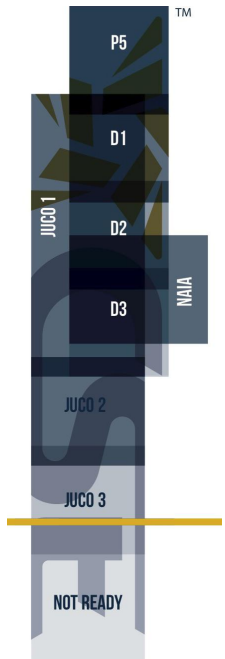
**PITCH VELOCITY**



**MOVEMENT & SPIN**



**MENTAL GAME**



Carolyn, you received a 47 on your CSE.

**WHAT THIS MEANS:**

Your overall CSE score is a compilation of the evaluations of your pitch command, pitch velocity, movement and spin, and mental game. Hitting and defense are not included in this overall score. Based on the results from each category, tested through our scientific algorithm, you received a 47.

**YOUR IMPACT RESULT:** Mid JUCO 2

Impact: Along with starting, we forecast you could be a major component of the team and have the potential to change the outcome of games.

**YOUR STARTER RESULT:** Low D3, High JUCO 2

Starter: We forecast you could start most games and will be expected to contribute consistent performance.

**YOUR ROSTER RESULT:** Mid D3, Low JUCO 1

Roster: We forecast you could receive some playing time, but will not be as consistent.

The results that you receive from this evaluation are based solely on how you performed in one day. There may be other factors that play into your skill level, and your score does not reflect your ability to improve or regress in other categories in future evaluation.

**YOUR EVALUATOR**



**Karen Strittmatter**

The Spring season of 2020 marks Karen Strittmatter's first in the position of Head Coach of the Ocean Community College Vikings softball program. Coach Karen joins OCC after many years of coaching softball at the collegiate, club, and high school levels. She was previously the head coach at the University of the Sciences in Philadelphia, Bergen Community College, and Union County College. She was also an assistant coach at Felician College, Fairleigh Dickinson University, Iona College, and East Stroudsburg University. At the club level, Coach Karen started and managed the North Jersey Rangers 18U Gold team from 1996-2012. Additionally, she coached high school softball at Midland Park HS. On the international level, Karen assisted Team Serbia at the World Softball games in Vancouver, Canada in 2016. As a student, Strittmatter attended Seton Hall University, where she earned first team All-League and All-Region honors as a pitcher and shortstop. Prior to attending Seton Hall, Karen played at Bergen Community College, where she earned first team All-American status as a pitcher.



# PITCH COMMAND



JUCO 1

P5™

D1

D2

D3

NAIA

---

JUCO 2

JUCO 3

NOT READY

Pitching Key			
Fastball	●		●
Drop	●		
Change Up	●		
Rise	●		
Curve	●		
Screw	●		
Backdoor	●		
Offspeed	●		

## Drill Evaluation

Pitching Spots - Pitch Command: Excellent command of her pitches. Nice job!

Pitching Spots - Change-Up/Off-Speed: Good speed. Don't display the pitch and give it away.

Pitching Spots - Pitching Fundamentals: Very good fundamentals. Solid top to bottom.

## Live

Pitch Spot Execution: Good at her spots and always pitches around the plate. Nice job.



# PITCH VELOCITY

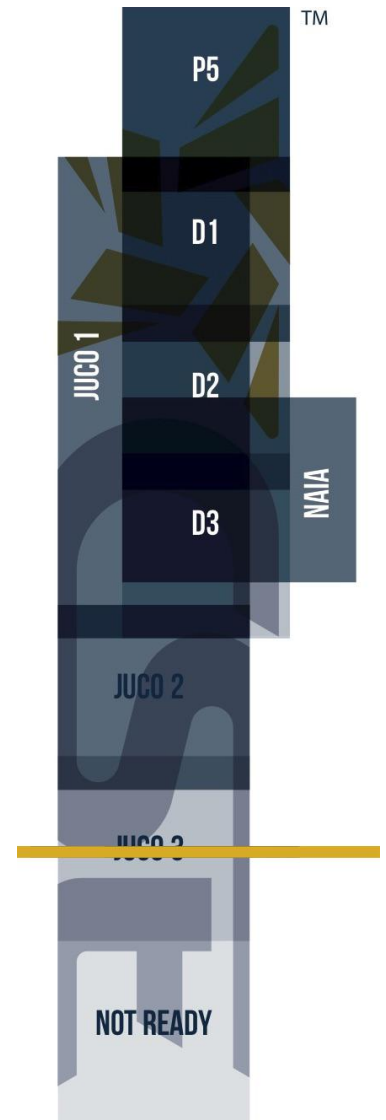
Dropball (mph)	47.93	47.91	48.00		
Curveball (mph)	47.19	46.53	48.41	47.31	48.39
Riseball (mph)	48.76	48.21	48.53	47.39	48.87
Screwball (mph)	47.87	47.29	48.44	47.83	47.54

## Drill Evaluation

Pitching Velocity - Overall Comments: You can increase your velocity by opening up more and getting your hips involved.

## Live

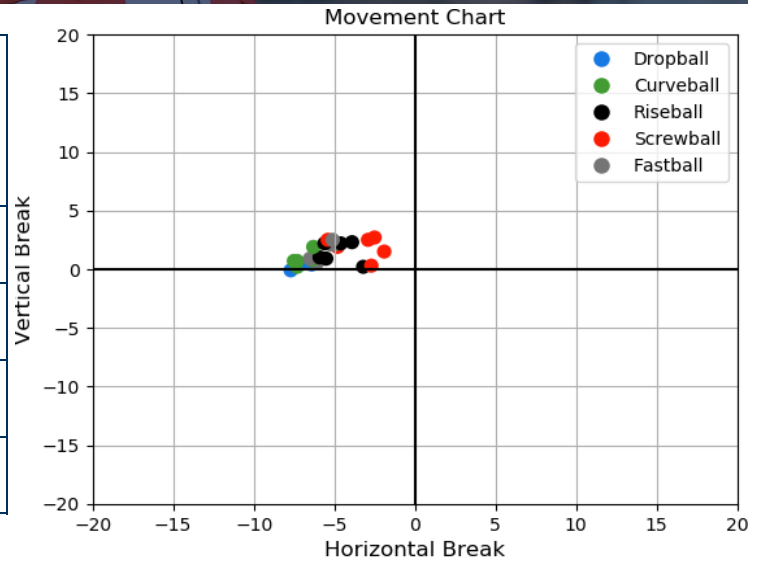
Pitch Velocity Execution: Needs to improve on pitch velocity by using her lower half more. Push off the mound and drive yourself forward.





# MOVEMENT AND SPIN

Pitch Type	Spin Rate (rpm)	Spin Direction (clock face)	Vertical Break (in)	Horizontal Break (in)
Dropball	1006.67	06:14	-6.9	0.27
Curveball	955.2	06:10	-6.96	0.86
Riseball	1013.52	06:12	-4.78	1.47
Screwball	1065.65	05:46	-3.37	1.9



## Drill Evaluation

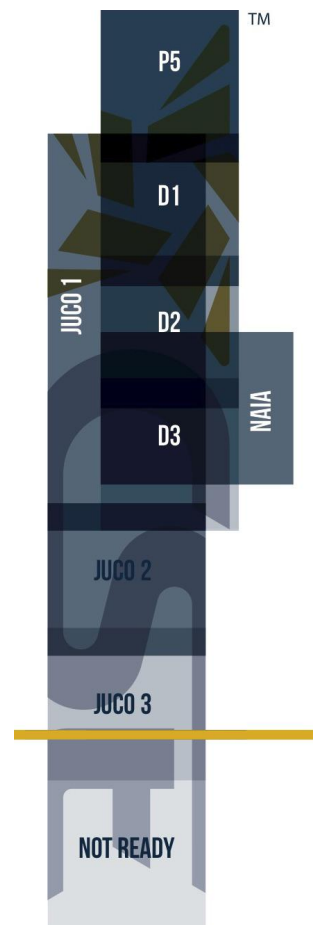
Mvmt & Spin - Pitch Command: Good pitch command.

Mvmt & Spin - Overall Movement: Needs to turn over her wrist on her curveball. Work on a tighter snap.

Mvmt & Spin - Pitching Fundamentals: Well balanced and fluid. Fundamentals are solid.

## Live

Pitch Spin and Movement Execution: Needs to improve on spin and movement. Try not to throw too many pitches in the zone.





Hitting Power	
Measurement	Value
Bat Speed (mph)	51.90
Rotational Acceleration (g)	2.70
Peak Hand Speed (mph)	16.20
Power (kW)	1.34

Hitting Contact	
Measurement	Value
On-Plane Efficiency (%)	68.00
Attack Angle (deg)	8.00
Verticle Bat Angle (deg)	-20.00
Connection At Impact (deg)	98.00

## Drill Evaluation

### Live

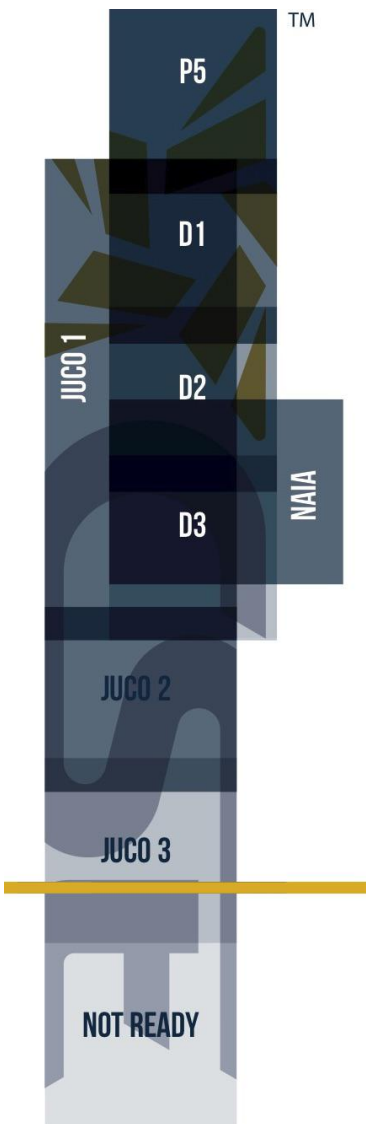
Offense Execution: Be more aggressive in the box. Show the pitcher that you own them.

Please note, your individual hitting score is not included in your overall CSE score as a pitcher.



**BLAST**





## Drill Evaluation

Position Fielding - Throwing Ability: Good throws overall. Nice and accurate.

Position Fielding - Fielding Ability: Bring both hands down to the ball and point her right foot to the target. Attack the ball. Needs to be more vocal.

Position Fielding - Footwork: Approach needs to be lower while fielding a slow ball.

## Live

Defense Execution: Needs to field the ball with her glove and know where the play is.

Please note, your individual defense score is not included in your overall CSE score as a pitcher.



## Matched Athlete Type



Rocket Characteristics:
<ul style="list-style-type: none"> <li>• Confident, in-charge style</li> <li>• Likes making quick decisions</li> </ul>

Rocket Strengths:
<ul style="list-style-type: none"> <li>• Cool Under Pressure</li> <li>• Will push hard to accomplish goals</li> </ul>

Rocket Inspirations:
<ul style="list-style-type: none"> <li>• Significant achievements</li> <li>• Handling a pressure-packed moment</li> </ul>

Rocket Struggles:
<ul style="list-style-type: none"> <li>• May rigidly stick to plans</li> <li>• Could be perceived as arrogant</li> </ul>

Rocket Pro Athletes:
<ul style="list-style-type: none"> <li>• Lauren Chamberlain (softball)</li> <li>• Kaitlyn Richardson (softball)</li> <li>• Alex Bregman (baseball)</li> <li>• Christian Yelich (baseball)</li> </ul>

Learn More
<a href="#">Click here to view all of the traits of your athlete type</a>

## TAP Assessment Scoring

You have **9** trait(s) at or above and **3** trait(s) below the average college softball scores.

[Click here to view your full TAP report.](#)

<b>Mental Toughness</b>	<b>55</b>	<b>Coachability</b>	<b>90</b>	<b>Mental Execution</b>	<b>60</b>
Grit	<b>31</b>	Growth Mindset	<b>93</b>	Focus Speed	<b>64</b>
Composure	<b>51</b>	Attention to Detail	<b>92</b>	Decisiveness	<b>70</b>
Confidence	<b>48</b>	Conventionality	<b>34</b>	Adaptability	<b>53</b>

### Evaluator Comments

**Physical Application of Instruction:** You did a decent job of applying the instruction given during the drills, but it needs to be more consistent. Work on trying to adjust to all the instruction given, even if it's just for the day.

**Emotional Response to Criticism:** You seemed to have a positive overall response to criticism, but it was at times inconsistent. Make sure you are consistently showing positive response to any feedback given.

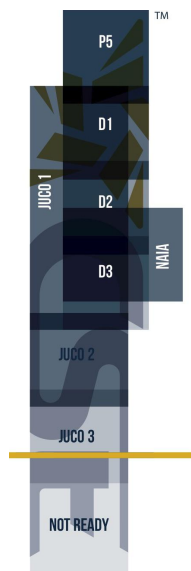
**Clutch Performance:** You do well under pressure sometimes, but other times you fall to the pressure that's being put on you. Remember pressure is only as big as you make it. Work on creating pressure situations outside of games to help yourself perform under pressure in game situations.

**Confidence:** You need to work on expressing your confidence on the field. Presenting your confidence is a big piece of being successful.

**Softball IQ:** You have some game knowledge and situational IQ, but it could improve. Watch the game frequently and quiz yourself on different scenarios. Make sure you can come up with a solution to every situation.

**Competitive Intensity:** You had some bright spots intensity wise, but most of the time you are too reserved. Make sure that you work on showing your competitive edge in games, drills, etc.

**Interpersonal:** Work on communicating with your peers more on the field. We heard you a few times, but it wasn't consistent enough for you to be able to have a significant presence. Talk about outs, where the play is going to be, etc.



Date TAP was completed: 2020-11-13

