

Spin Rate Chart

PITCHER: _____

DATE: _____

PITCH	1	2	3	4	5	6	7	8	9	10
Drop										
Curve										
Screw										
Rise										

High School		College	
Ave	Top 10%	Ave	Top 10%
17	> 21	20	> 23
18	> 23	21	> 25
19	> 24	21	> 25
19	> 24	22	> 26

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PITCH	1	2	3	4	5	6	7	8	9	10
Drop										
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Ave	Top 10%	Ave	Top 10%
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19	> 24	21	> 25
19	> 24	22	> 26