

**FPOS Recruiting Camps
Statistical Explanation**



Why do we test standing broad jump and seated chest pass?

Strength training experts consider the standing broad jump an indication on lower body strength and seated chest pass an indicator of upper body strength. With these 2 measurements an athlete can better understand their current weaknesses and strengths.

Standing Broad Jump

Excellent	> 6' 5"
Very Good	6' 3" - 6' 5"
Above average	6' - 6'2"
Average	5'3" - 5'11"
Below average	4'9" - 5'2"
Poor	< 4'9"

Seated Chest Pass

Excellent	>12'7"
Very Good	12'1" - 12'7"
Above average	11'5" - 12'
Average	9'10" - 11'4"
Below average	8'8" - 9'9"
Poor	< 8'8"

Overhand Throwing Speeds – non pitchers

Excellent	> 58 MPH
Very Good	57 -58 MPH
Above average	55- 56 MPH
average	51 - 55 MPH
below average	48 - 51 MPH
Poor	< 48 MPH

Fastest Pitch Speed Pitchers

Excellent	> 60 MPH
Very Good	59 -60 MPH
Above average	57- 58 MPH
Average	54 - 56 MPH
Below average	52 - 53 MPH
Poor	< 52 MPH

Home to first running times

Excellent	< 2.97 sec
Very Good	3.05 - 2.97 sec
Above average	3.12 - 3.04 sec
Average	3.29 - 3.11 sec
Below average	3.44 - 3.28
Poor	> 3.44

Methodology of running times: player started with one foot on home plate.

These statistics were based on actual data collected over 4 years of recruiting camps across the country. Over 1000 players were tested.