



Team Assessment Services Custom Team Programming

TEAM PERFORMANCE *ENHANCEMENT*

SERVICE MANUAL

**TOPVELOCITY
VOL 1**

INFO@TOPVELOCITY.NET



SERVICE MANUAL

TEAM PERFORMANCE ENHANCEMENT

*TopVelocity Assesements and custom team program-
ming to enhance team performance.*

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Assess Analyze Program Enhance Repeat

ANTHROPOMETRIC ASSESSMENT 04

Measuring Joint Range of Motion in comparison to the biomechanical movements of the elite baseball player.

ATHLETIC ASSESSMENT 06

Measuring Speed, Strength, & Power in comparison to the elite levels of the elite baseball player.

PITCHING ASSESSMENT 08

Measuring the biomechanics of the pitching delivery in comparison to the elite baseball pitcher.

HITTING ASSESSMENT 10

Measuring the biomechanics of the hitters delivery in comparison to the elite hitter.

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Measuring and analyzing pitch types in comparison to the elite pitches of elite baseball pitchers.

PLAYER PROGRAMMING 14

Custom team training through the TopVelocity Methods for all seasons of play at all levels of the game of baseball.



ANTHROPOMETRIC ASSESSMENT

MEASURING JOINT RANGE OF MOTION OF THE ELITE BASEBALL PLAYER

THIS ASSESSMENT USES THE TOPVELOCITY EVALUATION SYSTEM TO DEFINE PERFORMANCE AND INJURY POTENTIAL. THIS SYSTEM IS EVIDENCE BASED WITH REFERENCE TO MORE THAN 200 PEER-REVIEWED CASE STUDIES. THIS EVALUATION SYSTEM SCREENS EVERY JOINT FOR ELITE OPTIMIZATION. THIS IS ESSENTIAL TO ESTABLISH A BASELINE FOR PROGRAM DESIGN.

**Anatomy
meets
SCIENCES.**

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ANTHROPOMETRIC ASSESSMENT ANATOMICAL ANALYSIS

This is an assessment of joint mobility covering all joints of the body. The assessment will compare the elite joint ranges as defined by the elite biomechanical movements. These measurements are recorded as active range of motion before the athlete has performed a warmup or any activity for the day. Each joint is measured by a TopVelocity coach and also comes with instructional videos so the athlete can measure themselves for follow up assessments to track the optimal progression.



The anthropometric assessment will measure all of the joints of the body. The analysis report will give an indepth understanding of what the player can do improve joint mobility to enhance performance along with preventing injury.

TECHNOLOGY.

The technology used for the anthropometric assessments is goniometers. The full assessment process takes about 15 minutes per player.

EXAMPLES.

Visit TopVelocity.net/anthro-eval for a example of the complete TopVelocity Evaluation System measuring joint range of motion and how it determines injury and performance potential.



ATHLETIC ASSESSMENT

MEASURING SPEED, STRENGTH, & POWER OF THE ELITE BASEBALL PLAYER

THIS ASSESSMENT USES THE TOPVELOCITY EVALUATION SYSTEM TO DEFINE PERFORMANCE AND INJURY POTENTIAL. THIS SYSTEM IS EVIDENCE BASED WITH REFERENCE TO MORE THAN 200 PEER-REVIEWED CASE STUDIES. THIS EVALUATION SYSTEM SCREENS THE ATHLETES ABILITY TO PRODUCE SPEED, STRENGTH, & POWER THROUGH ALL PLANES OF MOVEMENT.

**Movement
meets
SCIENCES.**

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ATHLETIC ASSESSMENT

ATHLETIC ANALYSIS

This is an assessment of speed, strength, & power through all planes of movement. The assessment will compare elite force production as defined by the elite biomechanical movements. These measurements are recorded as specific jumps, sprints and pulling devices similar to the demands of the baseball skills. Each movement is measured by a TopVelocity coach and also comes with instructional videos so the athlete can measure themselves for follow up assessments to track the optimal progression.



The anthropometric assessment will measure speed, strength, & power through all planes of movement. The analysis report will give an indepth understanding of what the player can do improve this force production to enhance performance along with preventing injury.

TECHNOLOGY.

The technology used for the athletic assessments is laser timers, jump mats, broad jump mats, y-balance test, dynamometers, pressure mapping sensors, 4D Motion Sensors and more.

EXAMPLES.

Visit TopVelocity.net/athletic-eval for a example of the complete TopVelocity Evaluation System measuring speed, strength, & power through all planes of movement and how it determines injury and performance potential.



PITCHING **ASSESSMENT**

BIOMECHANICAL BREAKDOWN OF THE PITCHING DELIVERY

THIS ASSESSMENT USES THE 3X PITCHING MECHANICS SYSTEM TO DEFINE PERFORMANCE AND INJURY POTENTIAL IN THE PITCHING DELIVERY. THIS SYSTEM IS EVIDENCE BASED WITH REFERENCE TO MORE THAN 200 PEER-REVIEWED CASE STUDIES. THIS EVALUATION SYSTEM HAS MORE BIOMECHANICAL CHECKPOINTS THAN ANY OTHER SYSTEM ON THE MARKET.

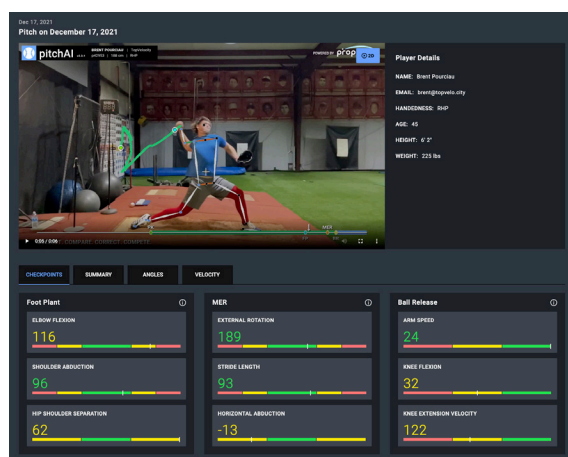
**Pitching Mechanics
meets
TECHNOLOGY.**

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PITCHING ASSESSMENT 3X BIOMETRIC ANALYSIS

Each pitcher will receive a biometric analysis of their pitching mechanics using ProPlayAI and a biometric analysis of their lower half mechanics using Sensor Edge's pressuring mapping software. This analysis will list in a full report their performance potential and injury potential using peer-reviewed evidence. Each player will be given a full report as a record of their baseline evaluation as a reference point for all future evaluations. The future evaluations will be used to track progression through the TopVelocity training programs.

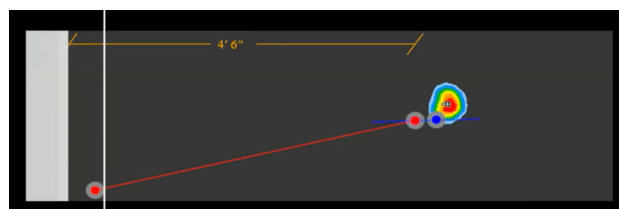


The video is recorded with a high speed camera like a iphone before uploaded to the ProPlayai software for analysis. Once the motion is captured the TopVelocity Coach will perform the analysis.

TECHNOLOGY.

The technology used for the biomechanical assessments is ProPlayAI and 4D Motion. This software will measure angular velocities of the kinetic chain, kinematic sequencing and more.

The technology used for ground force assessment is Sensor Edge's pressure mapping sensors. This software will measure foot pressure, center of mass acceleration and more through the pitching delivery.



EXAMPLES.

Visit [TopVelocity.net/ksanalysis](https://topvelocity.net/ksanalysis) for a example of the complete TopVelocity Evaluation System.



HITTING ASSESSMENT

BIOMECHANICAL BREAKDOWN OF THE HITTERS DELIVERY

THIS ASSESSMENT USES THE GROUND FORCE TORQUE (GFT) HITTING MECHANICS SYSTEM TO DEFINE PERFORMANCE AND INJURY POTENTIAL IN THE HITTERS DELIVERY. THIS SYSTEM IS EVIDENCE BASED WITH REFERENCE TO MORE THAN 200 PEER-REVIEWED CASE STUDIES. THIS EVALUATION SYSTEM HAS MORE BIOMECHANICAL CHECKPOINTS THAN ANY OTHER SYSTEM ON THE MARKET. THIS IS ESSENTIAL TO ESTABLISH A BASELINE FOR PROGRAM DESIGN.

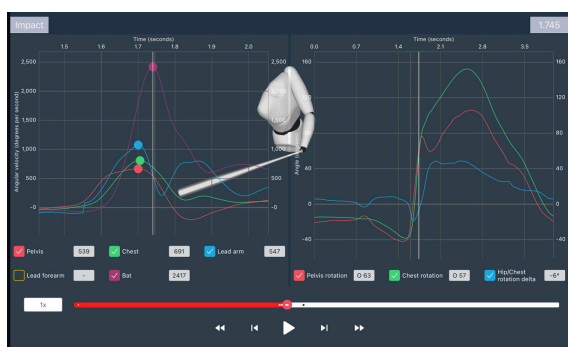
**Hitting Mechanics
meets
TECHNOLOGY.**

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HITTING ASSESSMENT GFT BIOMETRIC ANALYSIS

Each hitter will receive a biometric analysis of their hitting mechanics using 4D Motion Sensors and a biometric analysis of their lower half mechanics using Sensor Edge's pressuring mapping software. This analysis will list in a full report their performance potential and injury potential using peer-reviewed evidence. Each player will be given a full report as a record of their baseline evaluation as a reference point for all future evaluations. The future evaluations will be used to track progression through the TopVelocity training programs.



The 3D motion capture is recorded with the 4D Motion Sensors. Once the motion is captured the TopVelocity Coach will perform the analysis.

TECHNOLOGY.

The technology used for the biomechanical assessments is 4D Motion Sensors. This software will measure angular velocities of the kinetic chain, kinematic sequencing and more.

The technology used for ground force assessment is Sensor Edge's pressure mapping sensors. This software will measure foot pressure, center of mass acceleration and more through the hitters delivery.



EXAMPLES.

Visit [TopVelocity.net/gftanalysis](https://topvelocity.net/gftanalysis) for a example of the complete TopVelocity Evaluation System.



PITCH ANALYTICS

PRO PITCH ANALYSIS AND PITCH DEVELOPMENT

TOP VELOCITY PRO DATA AND VIDEO ANALYSIS PUT THE POWER OF MAJOR LEAGUE PITCH DEVELOPMENT INTO YOUR TEAMS HANDS. OUR PROFESSIONAL ANALYSIS BREAKS DOWN YOUR PITCHING STAFFS PITCHES AND GIVES THE PLAYER A PERSONAL ROAD MAP TO SUCCESS.

**Pitch Strategies
meets
DATA PROCESSING.**

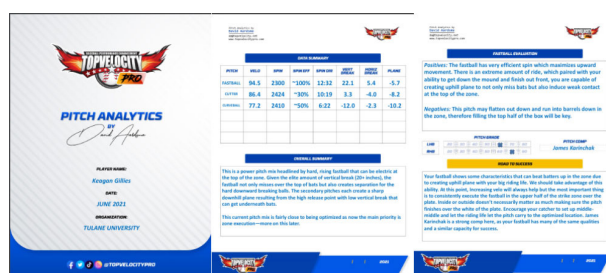
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PRO PITCH ANALYTICS

PITCH ANALYSIS

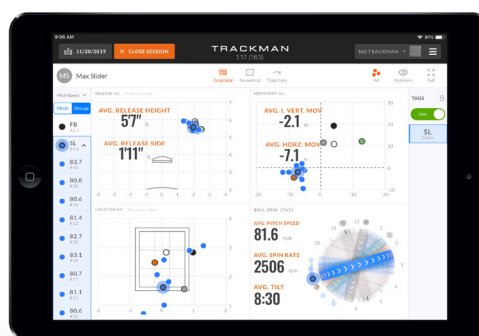
Top Velocity Pro Pitch Analytics brings advanced online pitch analysis to every player, coach, and team's finger-tips. Send Top Velocity pitch data from any ball tracking device and we will give a detailed descriptions of the players pitches. This includes but will not be limited to the positives and negatives of the players current pitches, Major League Baseball pitch grades, Major League Baseball pitch comparisons, opportunities for improvement, pitch target recommendations, and detailed suggestions of how the player should adjust their pitches to best optimize their repertoire.



The pitch data is collected with a Trackman. Once the pitches have been record-ed the data will be sent for processing through a MLB pitch database and formatted into a full report.

TECHNOLOGY.

Top Velocity will collect your pitch data using Trackman, Rapsodo, or any pitch tracking device of the teams choosing and we will give you a detailed description of the player pitches.



EXAMPLES.

Visit TopVelocity.net/proanalysis for a example of the complete TopVelocity Pro Analytics.



PLAYER PROGRAMMING

PROGRAM DESIGN FOR DEVELOPING ELITE BASEBALL PLAYERS

CUSTOM TEAM PROGRAMMING FOR ENHANCING PLAYER PERFORMANCE. THE PROGRAM WILL BE DESIGNED TO ENHANCE THE PERFORMANCE OF ALL THE SKILLS OF BASEBALL FROM PITCHING VELOCITY TO BAT POWER. THE PROGRAMMING WILL BE DELIVERED THROUGH THE TOPVELOCITY TRAINING APP. THE SCHEDULING CAN BE FULL CUSTOMIZED FOR ANY AMOUNT OF TIME AND SEASON OF PLAY.

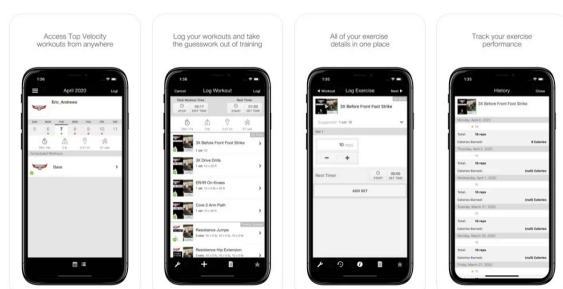
**Player Performance
meets
CUSTOM PROGRAMMING.**

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PLAYER PROGRAMMING CUSTOM TEAM TRAINING

TopVelocity will provide custom team training to enhance the player performance of all the skills of baseball. These skills include pitching velocity, position player throwing velocity, catcher pop time, bat power, sprinting and more. Program design will include mobility training, drill training, strength and conditioning, speed and agility training and pitch development. The programming will be consistent with the seasons of play. These seasons will include off-season, pre and in-season training. All the player programming will be delivered through the TopVelocity Training App.

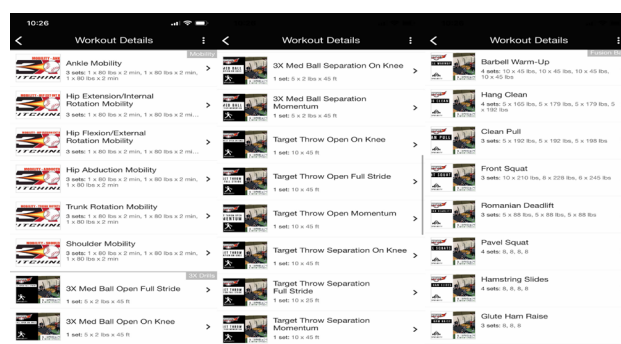


The TopVelocity Training App is built on the Apple and Android platforms and currently available for download.



TECHNOLOGY.

The technology used for the Custom Team Training is the TopVelocity Training App which can be downloaded immediately at the Apple and Google app stores.



EXAMPLES.

Visit [TopVelocity.net/teamtraining](https://www.topvelocity.net/teamtraining) for a example of the complete TopVelocity Custom Team Training.

HOW TO GET STARTED with TopVelocity

Please contact us with your custom team assessment and programming request at 415-877-4850. You can also email or call any of the staff listed on the Contact List page 2. We will reply ASAP with a follow up conference call to go over the details of your request.

FREQUENTLY ASKED QUESTIONS

- 1** *Can you travel to us?*
Yes we can make the trip to you which will require us to bring all of our assessment tools and devices. There will be an extra cost for this travel.
- 2** *How many athletes can you work with in a day?*
We can assess and analyze 25-50 athletes in one day depending on the skill level of the athlete and the assessments required.
- 3** *Will this include any follow up assessments and analysis?*
Yes, we encourage teams to schedule future follow-ups for evaluations to track team progress through the training.
- 4** *Do you have payment plan options?*
Yes we have payment plan options that can be scheduled overtime.
- 5** *Can we purchase training equipment through TopVelocity?*
Yes, the proprietary training equipment used with the TopVelocity training programs like the King of the Hill, TopVelocity Sleds and more can be purchased through TopVelocity

Thank you

Thank you for taking the time to learn about our team products and services!
