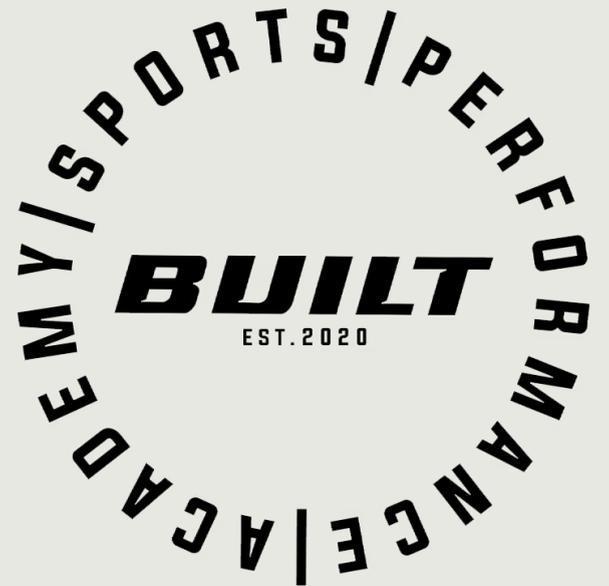


PIMA JUNIOR COLLEGE BASEBALL TESTING RESULTS

Prepared by Jacob Banegas | September 2025



TESTING OVERVIEW

PURPOSE

- To evaluate the athletic qualities most important to baseball performance (explosiveness, speed, reaction, and power).
- To create a baseline for each athlete that guides training, reduces injury risk, and maximizes player development.
- To identify strengths and weaknesses at both the team and individual level.

KEY METRICS

- **Broad Jump & Vertical Jump** → lower-body power and explosiveness
- **Peak Force (Rel. BW)** → force production relative to size
- **Max Speed & Sprint Times (79ft / 90ft)** → game speed and acceleration
- **Reaction, Jump, Burst** → reaction speed, agility and quickness for defensive movements.

GOAL

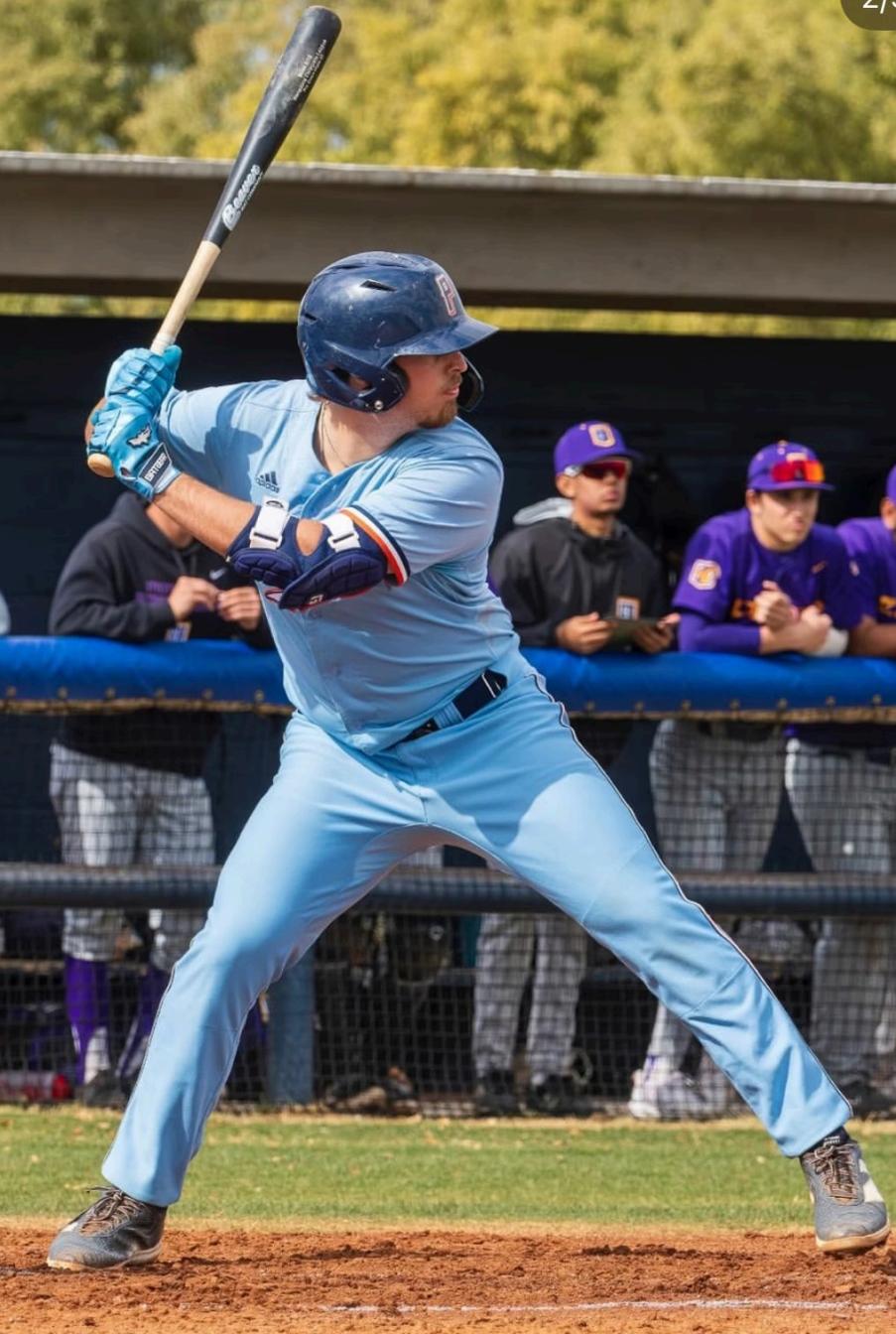
- Translate testing data into actionable insights for individualized strength & conditioning programming.
- Enhance on-field performance (stealing bases, defensive range, bat speed).
- Track progress over time to ensure continuous development and competitive advantage.

BROAD JUMP LEADERS

Measures lower-body power and explosiveness for quick first step, base stealing, and fielding plays.

🏆 **JOAQUIN CHAVEZ** leads with an impressive 9.6 ft broad jump!





PEAK FORCE & VERTICAL JUMP CHAMPIONS

PEAK FORCE (RELATIVE BW)

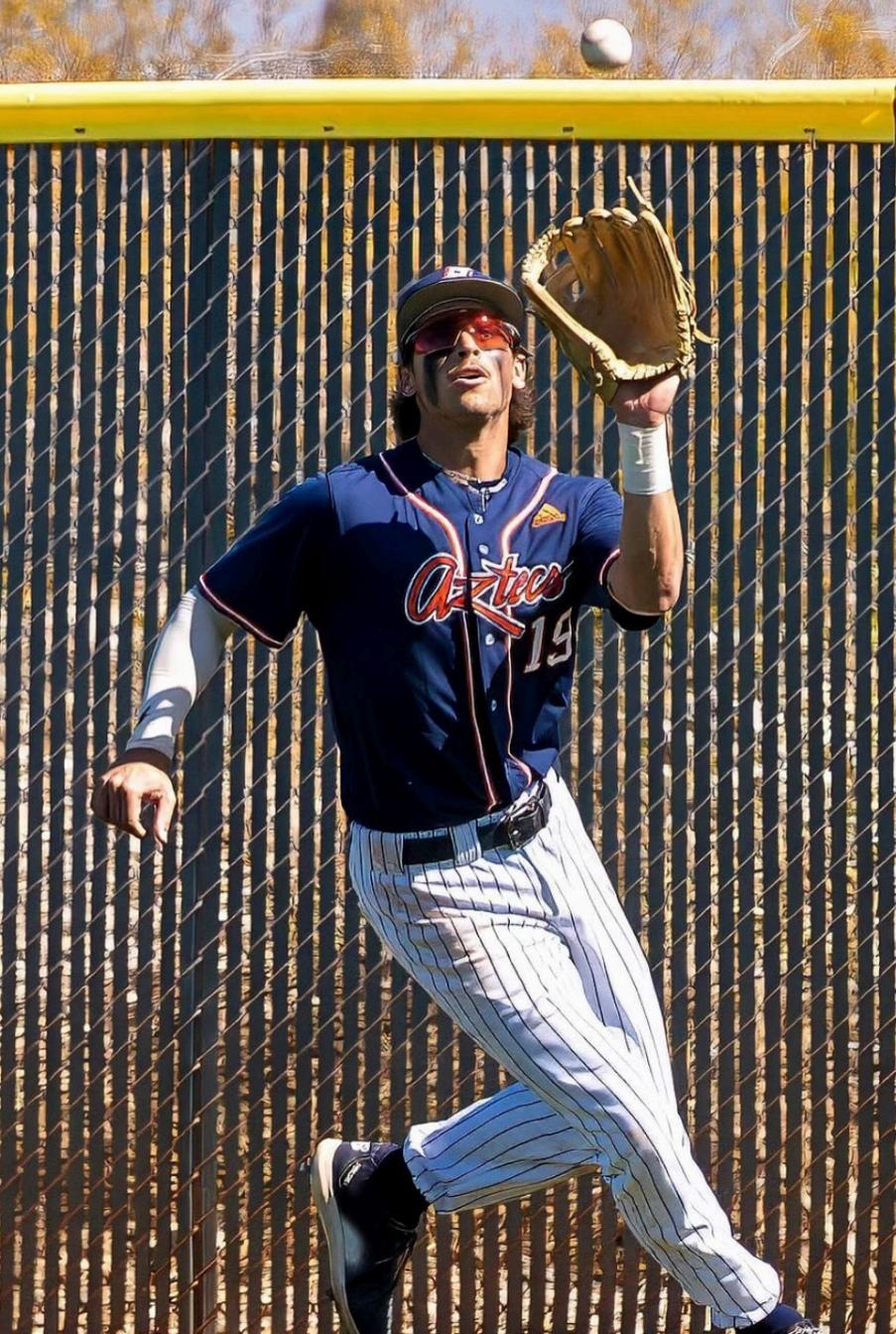
Shows ability to produce force quickly for acceleration, rotational power, and bat speed.

- JOAQUIN CHAVEZ - 4.26x BW
- ADRIEL FIG-BRITO - 4.10x BW
- IZAIAH GARCIA - 3.90x BW
- JARREN VILLA - 3.86x BW
- EZRA VIDAL - 3.81x BW

VERTICAL JUMP

Reflects elastic power for sprinting speed, leaping catches, and overall explosiveness.

- JOAQUIN CHAVEZ - 26.24 in
- BRADY SHORT - 25.16 in
- MATT MACDONALD - 24.42 in
- DIEGO GARCIA - 23.43 in
- COOPER VANDERHEI - 23.06 in



MAX SPEED DEMONS

Max Speed and Sprint Times are critical for base running and field coverage.

22.07

**ADRIEL FIG-
BRITO**

Max Speed (mph)

21.28

**JOAQUIN
CHAVEZ**

Max Speed (mph)

21.21

ACIEL GUILLEN

Max Speed (mph)

21.15

OWEN WADE

Max Speed (mph)

SPRINT TIME LEADERS (BASE TO BASE)

79FT SPRINT TIMES

Lower is better

1. ADRIEL FIG-BRITO - 3.53s
2. OWEN WADE - 3.62s
3. WESTON THOMPSON - 3.63s
4. BRADY SHORT - 3.66s
5. ADAN KOCH RODRIGUEZ - 3.67s

90FT (30YD) SPRINT TIMES

Lower is better

1. ADRIEL FIG-BRITO - 3.89s
2. WESTON THOMPSON - 4.0s
3. OWEN WADE - 4.0s
4. BRADY SHORT - 4.04s
5. ADAN KOCH RODRIGUEZ - 4.05s

AGILITY & REACTION METRICS

Jump, Reaction, and Burst reflect agility and quickness important for defense.

JUMP DISTANCE LEADERS

ADRIEL FIG-BRITO - 63.02 ft
WESTON THOMPSON - 60.94 ft
OWEN WADE - 60.93 ft

REACTION DISTANCE LEADERS

OWEN WADE - 22.96 ft
ADRIEL FIG-BRITO - 22.78 ft
WESTON THOMPSON - 22.31 ft

BURST DISTANCE LEADERS

ADRIEL FIG-BRITO - 40.23 ft
WESTON THOMPSON - 38.63 ft
BRADY SHORT - 38.37 ft

DATA TRANSFER TO BASEBALL PERFORMANCE



BROAD JUMP & VERTICAL JUMP

Explosive plays: stealing bases, diving catches, jumping for fielding



PEAK FORCE

Bat speed, rotational hitting power, acceleration off the line.

- Higher relative force = better acceleration out of the box and explosive first steps.
- Critical for bat speed (rotational force transfer) and fielding quickness.
- Helps identify athletes who can generate power efficiently without excess mass.



MAX SPEED & SPRINT TIMES

- Running out grounders, stealing bases, defensive field coverage
- Standard base-to-base sprint, critical for steals and infield hits.
- Faster times = more pressure on defense, greater offensive opportunities.

JUMP, REACTION & BURST

What They Measure

- **Jump:** Overall measure of how many feet an athlete covers toward a fly ball.
- **Reaction:** Distance covered in the **first 1.5 seconds** after bat contact – initial quickness.
- **Burst:** Distance covered in the **next 1.5 seconds (1.6–3.0s)** – acceleration phase.
- **Route:** Efficiency of the path taken toward the ball's projected flight.



Why It Matters in Baseball

- Determines how effectively outfielders close space and turn fly balls into outs.
- Separates elite defenders from average ones by measuring both speed and efficiency.
- Provides actionable data for coaching defensive positioning, conditioning, and roster decisions.

Transfer to Training

- Reaction = neuromuscular quickness, trainable through reaction drills & plyometrics.
- Burst = acceleration power, improved through resisted sprints & force production.
- Route = decision-making + agility, sharpened through sport-specific defensive drills.

TRAINING ACTION PLAN

01

INDIVIDUALIZE TRAINING

Use results to create training track programs for each player (power, force, speed deficient)

02

FORCE-VELOCITY PROFILING

Apply profiling to balance speed development versus strength training.

03

BUILD ON STRENGTHS

Enhance existing top qualities so athletes can turn them into consistent in-game advantage

04

TARGET TEAM WEAKNESSES

Improve identified weaknesses while enhancing existing strengths.
Address specific deficits (e.g., low relative force, poor acceleration) to maximize performance potential.

05

MONITOR PROGRESS

Re-test end every 12 weeks to track improvement and adjust programs as needed. Twice in the Fall, Twice in the Spring. This will help us prevent over-training or injury risk.



NEXT STEPS

Thank you to Pima Junior College Baseball coaching staff



REVIEW DATA

Analyze individual and team results with coaching staff. Identify individual strengths and weaknesses from rankings.



IMPLEMENT TRAINING

Begin individualized training programs based on test results.



SCHEDULE RE-TEST

Plan follow-up testing to measure progress and improvements. Integrate findings into strength & conditioning plans for in-season and off-season development.

Contact BUILT Sports Performance for ongoing support

COMPREHENSIVE BROAD JUMP RESULTS

Below is the full leaderboard for the broad jump assessment, measuring lower-body power and explosiveness. This data provides a detailed view of each athlete's performance in this critical metric.

1	JOAQUIN CHAVEZ	9.6
2	MATT MACDONALD	9.5
3	ADRIEL FIG-BRITO	9.4
4	BRADY SHORT	9.3
5	DIEGO GARCIA	9.3
6	CAM GRENERT	9.2
7	OWEN WADE	9.1
8	ADAN KOCH RODRIGUEZ	8.9
9	EZRA VIDAL	8.9
10	HAYDEN GREEN	8.7
11	MAX LEYVA	8.7
12	SAL VALENZUELA	8.7
13	WESTON THOMPSON	8.7
14	OWEN MEYERS	8.6
15	BRODY JONES	8.6
16	MIKEY MUNIZ	8.6
17	IAN LEMUS	8.5
18	JARREN VILLA	8.5
19	JUAN HERNANDEZ	8.5
20	QUINTIN HENNESY	8.3
21	KAI FITAK	8.3
22	BRAXTON BJUR	8.3
23	COOPER VANDERHEI	8.3
24	PAUL SAFFER	8.2
25	LEON CERECERES	8.2
26	JESSE NERETLIS	8.2
27	ACIEL GUILLEN	8.11
28	MAX HENDRIX	8
29	ERNIE ALVAREZ	8
30	RAMON MARTINEZ	8
31	JACKSON GLUECK	7.7
32	TREVOR CARLSON	7.6
33	SHAWN BARROS	7.4
34	MATT DELANEY	7.3
35	JULIAN PALMIERI	7.3
36	OSCAR ROCHA	7.3
37	BRYCETON MEYER	7.2
38	NATE SHOEMAKER	7.11
39	IZAIAH GARCIA	7.101
40	ANDREW ROMO	7.1
41	JOSE GRIJALVA	7
42	JAVIER ARVIZU	6.11

COMPREHENSIVE MAX SPEED RESULTS

Below is the full leaderboard for the Max Speed assessment, which measures an athlete's top running velocity, crucial for base running and defensive coverage.

1	ADRIEL FIG-BRITO	22.07
2	JOAQUIN CHAVEZ	21.28
3	ACIEL GUILLEN	21.21
4	OWEN WADE	21.15
5	BRADY SHORT	20.9
6	CAM GREINERT	20.74
7	EZRA VIDAL	20.73
8	MATT MACDONALD	20.67
9	QUINTIN HENNESY	20.62
10	ADAN KOCH RODRIGUEZ	20.53
11	WESTON THOMPSON	20.48
12	JUAN HERNANDEZ	20.45
13	RAMON MARTINEZ	20.3
14	BRODY JONES	20.29
15	LEON CERECERES	20.17
16	BRYCETON MEYER	19.77
17	JESSE NERETLIS	19.62
18	BRAXTON BJUR	19.57
19	KAI FITAK	19.44
20	IZAIAH GARCIA	19.4
21	MIKEY MUNIZ	19.3
22	JARREN VILLA	19.24
23	PAUL SAFFER	19.13
24	HAYDEN GREEN	19.1
25	MAX LEYVA	19.08
26	IAN LEMUS	19.08
27	OSCAR ROCHA	19.01
28	ANDREW ROMO	19
29	OWEN MEYERS	18.9
30	SAL VALENZUELA	18.81
31	DIEGO GARCIA	18.79
32	TREVOR CARLSON	18.64
33	MAX HENDRIX	18.33
34	ERNIE ALVAREZ	18.26
35	MATT DELANEY	17.96
36	NATE SHOEMAKER	17.78
37	JULIAN PALMIERI	17.41
38	JOSE GRIJALVA	17.06
39	SHAWN BARROS	16.6

COMPREHENSIVE 90FT BASE TO BASE SPRINT RESULTS

Below is the full leaderboard for the 90ft sprint assessment, measuring acceleration and speed over a typical base-running distance. This data highlights quickness essential for stealing bases and advancing efficiently.

1	ADRIEL FIG-BRITO	3.89
2	OWEN WADE	4.00
3	WESTON THOMPSON	4.00
4	BRADY SHORT	4.04
5	EZRA VIDAL	4.05
6	ADAN KOCH RODRIGUEZ	4.05
7	CAM GREBERT	4.09
8	BRODY JONES	4.12
9	JOAQUIN CHAVEZ	4.13
10	MATT MACDONALD	4.14
11	LEON CERECERES	4.14
12	QUINTIN HENNESY	4.17
13	RAMON MARTINEZ	4.18
14	PAUL SAFFER	4.21
15	ACIEL GUILLEN	4.23
16	JUAN HERNANDEZ	4.23
17	ADRIEL DELACRUZ	4.24
18	SAL VALENZUELA	4.25
19	MIKEY MUNIZ	4.26
20	IZAIAH GARCIA	4.27
21	MAX LEYVA	4.30
22	ANDREW ROMO	4.30
23	BRAXTON BJUR	4.34
24	JARREN VILLA	4.35
25	IAN LEMUS	4.35
26	KAI FITAK	4.36
27	OWEN MEYERS	4.37
28	HAYDEN GREEN	4.37
29	JESSE NERETLIS	4.40
30	COOPER VANDERHEI	4.42
31	MAX HENDRIX	4.43
32	TREVOR CARLSON	4.43
33	BRYCETON MEYER	4.44
34	OSCAR ROCHA	4.45
35	DIEGO GARCIA	4.46
36	ERNIE ALVAREZ	4.46
37	NATE SHOEMAKER	4.47
38	MATT DELANEY	4.54
39	JULIAN PALMIERI	4.65
40	JOSE GRIJALVA	4.76
41	SHAWN BARROS	4.84

COMPREHENSIVE PEAK FORCE PRODUCTION RESULTS

Below is the full leaderboard for Peak Force Production (Relative to Body Weight), a critical indicator of an athlete's power output. This metric measures how much force a player can generate relative to their own mass, crucial for hitting, throwing, and explosive movements on the field.

1	JOAQUIN CHAVEZ	4.26x BW
2	ADRIEL FIG-BRITO	4.1x BW
3	IZAIAH GARCIA	3.9x BW
4	JARREN VILLA	3.86x BW
5	EZRA VIDAL	3.81x BW
6	OWEN MEYERS	3.71x BW
7	SAL VALENZUELA	3.58x BW
8	ERNIE ALVAREZ	3.57x BW
9	WESTON THOMPSON	3.57x BW
10	BRADY SHORT	3.56x BW
11	HAYDEN GREEN	3.56x BW
12	MIKEY MUNIZ	3.56x BW
13	ADAN KOCH RODRIGUEZ	3.54x BW
14	JULIAN PALMIERI	3.52x BW
15	DIEGO GARCIA	3.52x BW
16	ANDREW ROMO	3.37x BW
17	OWEN WADE	3.36x BW
18	IAN LEMUS	3.35x BW
19	MATT MACDONALD	3.29x BW
20	SHAWN BARROS	3.27x BW
21	TREVOR CARLSON	3.26x BW
22	RAMON MARTINEZ	3.26x BW
23	JESSE NERETLIS	3.19x BW
24	MATT DELANEY	3.19x BW
25	MAX LEYVA	3.17x BW
26	BRAXTON BJUR	3.1x BW
27	QUINTIN HENNESY	3.05x BW
28	COOPER VANDERHEI	2.95x BW
29	PAUL SAFFER	2.95x BW
30	JUAN HERNANDEZ	2.94x BW
31	BRYCETON MEYER	2.87x BW
32	NATE SHOEMAKER	2.77x BW
33	BRODY JONES	2.75x BW
34	JAVIER ARVIZU	2.71x BW
35	ACIEL GUILLEN	2.7x BW
36	JOSE GRIJALVA	2.57x BW
37	OSCAR ROCHA	2.49x BW
38	ADRIEL DELACRUZ	2.37x BW

COMPREHENSIVE REACTION TIME RESULTS

Below is the full leaderboard for the Reaction Time assessment, which measures how far an outfielder or defensive player can move within the first 1.5 seconds after the ball is hit, regardless of direction. These metrics are calculated using Statcast data on plays where the catch probability is less than 90%.

1	OWEN WADE	22.96 (ft)
2	ADRIEL FIG-BRITO	22.78 (ft)
3	WESTON THOMPSON	22.31 (ft)
4	ADAN KOCH RODRIGUEZ	22.27 (ft)
5	EZRA VIDAL	22.13 (ft)
6	MATT MACDONALD	21.99 (ft)
7	SAL VALENZUELA	21.86 (ft)
8	ADRIEL DELACRUZ	21.74 (ft)
9	BRADY SHORT	21.37 (ft)
10	QUINTIN HENNESY	21.15 (ft)
11	LEON CERECERES	21.08 (ft)
12	CAM GREINERT	21.02 (ft)
13	MAX LEYVA	20.93 (ft)
14	ANDREW ROMO	20.49 (ft)
15	PAUL SAFFER	20.45 (ft)
16	RAMON MARTINEZ	20.38 (ft)
17	BRODY JONES	20.34 (ft)
18	JUAN HERNANDEZ	20.29 (ft)
19	IZAIAH GARCIA	20.18 (ft)
20	OWEN MEYERS	20.03 (ft)
21	TREVOR CARLSON	19.95 (ft)
22	DIEGO GARCIA	19.9 (ft)
23	JOAQUIN CHAVEZ	19.84 (ft)
24	KAI FITAK	19.63 (ft)
25	JULIAN PALMIERI	19.58 (ft)
26	MAX HENDRIX	19.56 (ft)
27	BRAXTON BJUR	19.41 (ft)
28	HAYDEN GREEN	19.39 (ft)
29	JARREN VILLA	19.37 (ft)
30	IAN LEMUS	19.27 (ft)
31	MIKEY MUNIZ	19.26 (ft)
32	JESSE NERETLIS	19.18 (ft)
33	ERNIE ALVAREZ	19.04 (ft)
34	MATT DELANEY	18.98 (ft)
35	COOPER VANDERHEI	18.92 (ft)
36	OSCAR ROCHA	18.86 (ft)
37	NATE SHOEMAKER	18.7 (ft)
38	ACIEL GUILLEN	18.44 (ft)
39	BRYCETON MEYER	18.19 (ft)
40	JOSE GRIJALVA	18.07 (ft)
41	SHAWN BARROS	17.56 (ft)