

## APPENDIX B – TRAINING STANDARDS

### **Pitchers**

	<b>Minimum Standard</b>	<b>National Team Best</b>
Fastball	60mph	65mph
Change-Up	15-18mph slower than maximum	
Any (2) of the following		
Rise	58mph	60mph
Curve	58mph	60mph
Screw ball	60mph	62mph

### **Catchers**

	<b>Minimum Standard</b>	<b>National Team Best</b>
Throw: H-2b	< 2.00 seconds	1.84 seconds
Glove to glove release:	< 0.95	0.80

### **General Fitness and Technical Standards**

	<b>Minimum Standard</b>	<b>National Team Best</b>
Throwing speed (overhand)	> 58mph	65mph
Beep Test (Leger)	6.5	12
Pro Agility	6.0	4.36
Medicine Ball Throw	9	11