



PLAYER NAME

**FLINT HOWARD**

CLASS

**2026**

HANDEDNESS

**RHP**



**E-mail:**  
fthowa@outlook.com

**Age:**  
17



**State:**  
United States, Washington

**High School:**  
Crosspoint



**Height:**  
6' 2"

**Weight:**  
175 lbs



**Coach:**

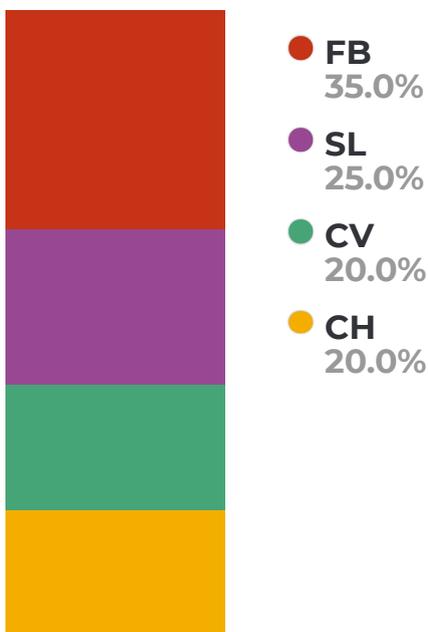
**Facility Name:**

-

**DATA**

Pitch Type	Velo	Max. Velo	RPM	Max. RPM	Vert. Break	Horz. Break	Spin Eff.	Cyro Deg.	Spin Dir.	Strike %
<b>FB</b>	83.7	84.3	2160	2272	24.8	7.8	94.7%	18.0	00:56	14.3%
<b>CV</b>	68.2	71.1	1973	2066	-7.0	-5.9	82.1%	32.0	06:46	25.0%
<b>SL</b>	72.6	73.0	2042	2069	5.1	-12.8	72.7%	43.0	08:08	0.0%
<b>CH</b>	78.0	79.3	1976	2018	16.8	13.1	99.2%	3.0	01:22	25.0%

**PITCH TYPE FREQUENCY**



**PITCH SCORES**

	High School	College	PRO
<b>FB</b>	-	-	-
<b>CV</b>	-	-	-
<b>SL</b>	-	-	-
<b>CH</b>	-	-	-

**MOVEMENT**

● FB ● CV ● SL ● CH

**SPIN DIRECTION**

*Arrow is pointing towards spin profile of each pitch (backspin, topspin, sidespin)*



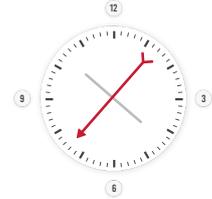
**FB 00:56**



**CV 06:46**

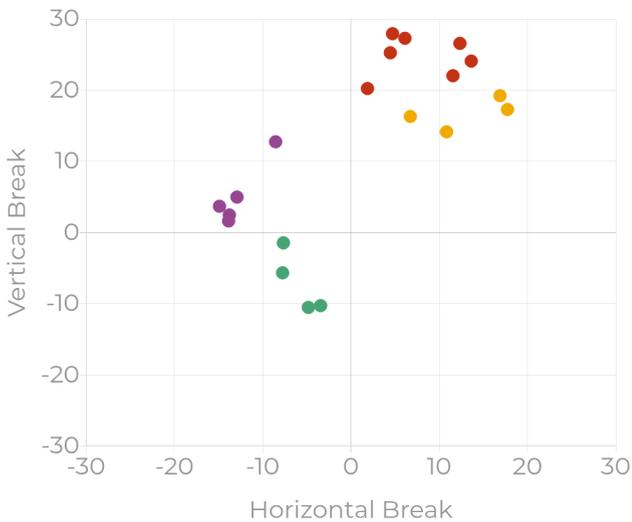


**SL 08:08**

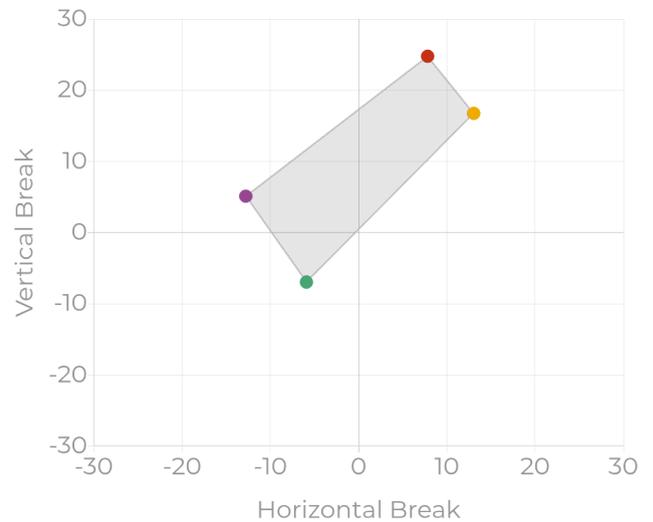


**CH 01:22**

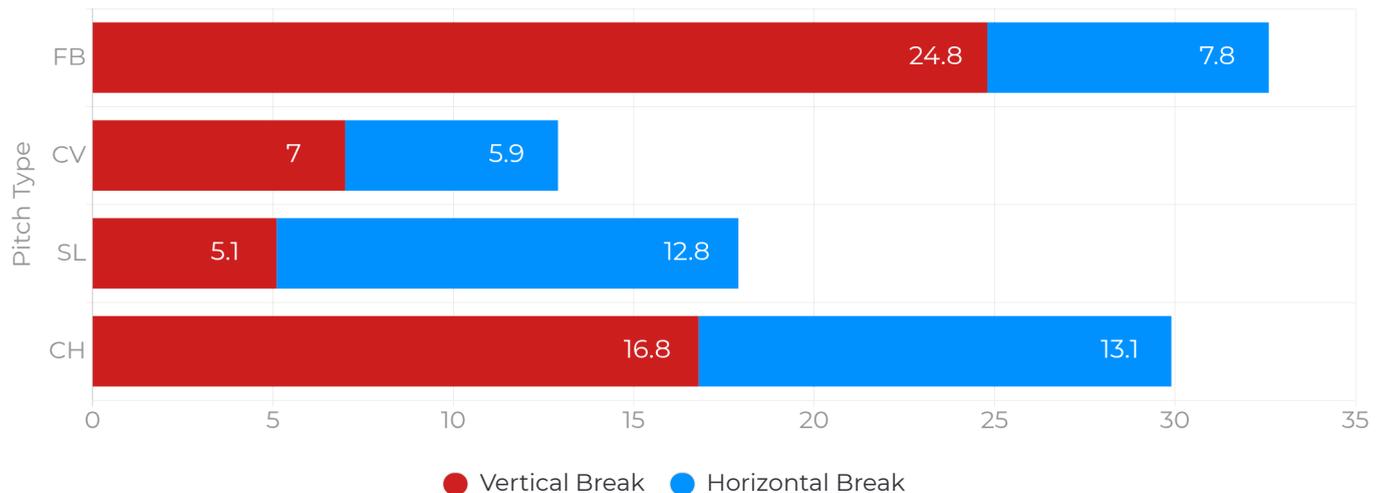
**BREAK PLOT**



**BREAK AVERAGES**

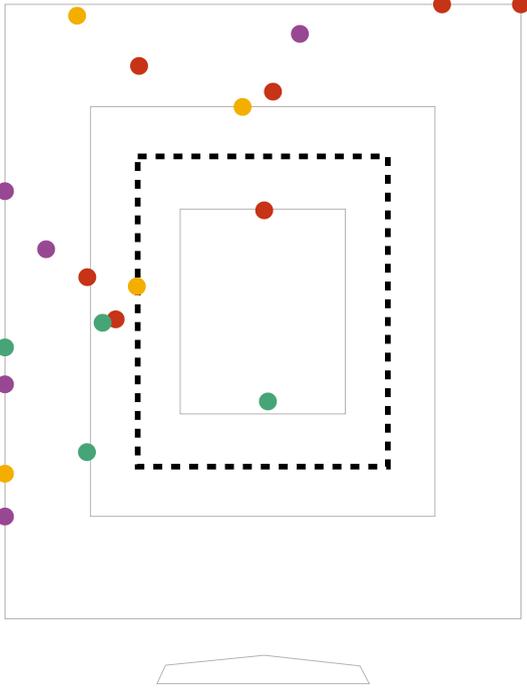


**TOTAL BREAK**



● FB ● CV ● SL ● CH

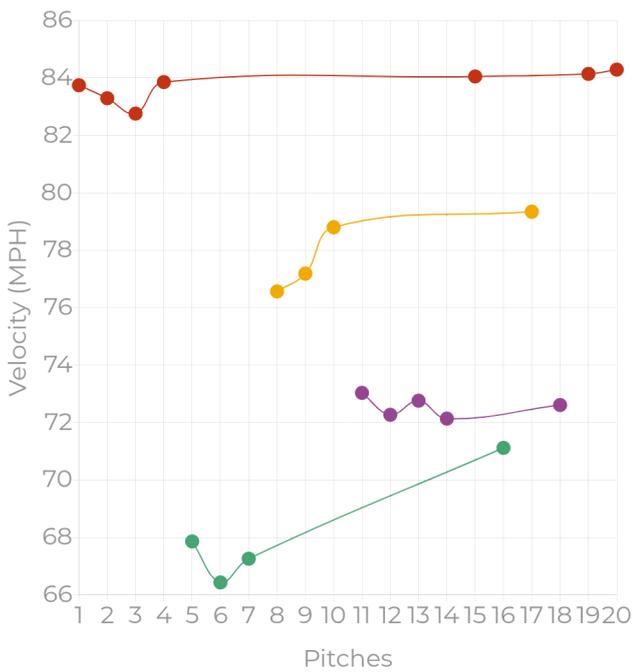
**STRIKE ZONE**



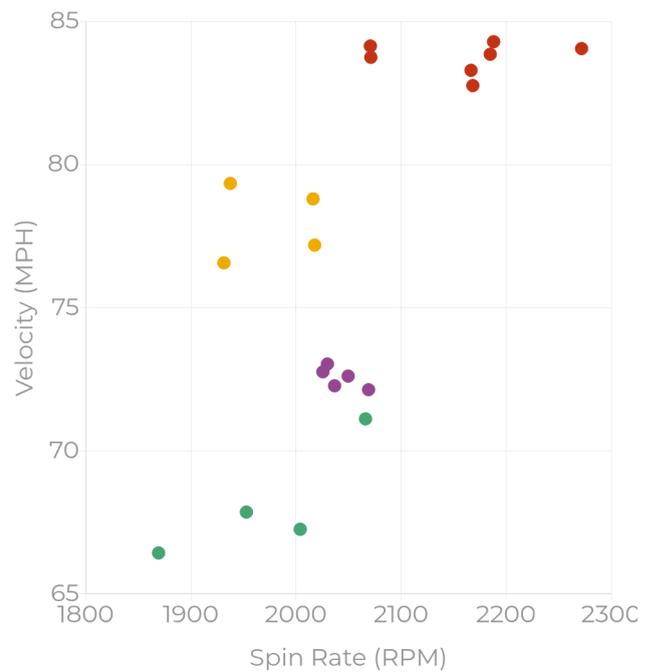
**STRIKE ZONE PERCENTAGE**

	Strike %	Heart %	Shadow %	Chase %	Waste %
<b>FB</b>	14.3	14.3	14.3	42.9	28.6
<b>CV</b>	25.0	25.0	25.0	25.0	25.0
<b>SL</b>	0.0	0.0	0.0	40.0	60.0
<b>CH</b>	25.0	0.0	50.0	25.0	25.0

**VELO DISTRIBUTION**



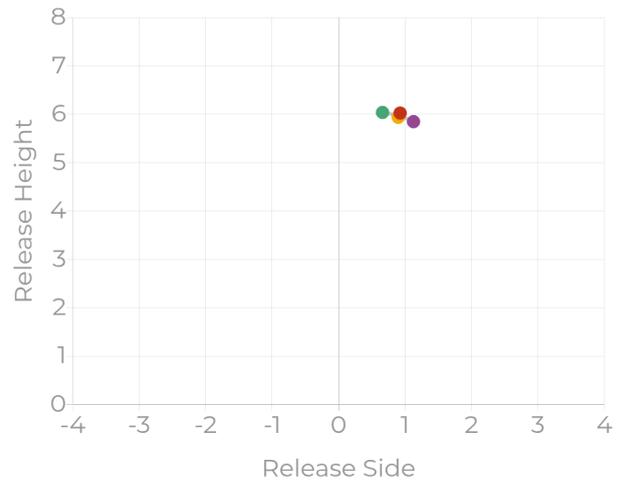
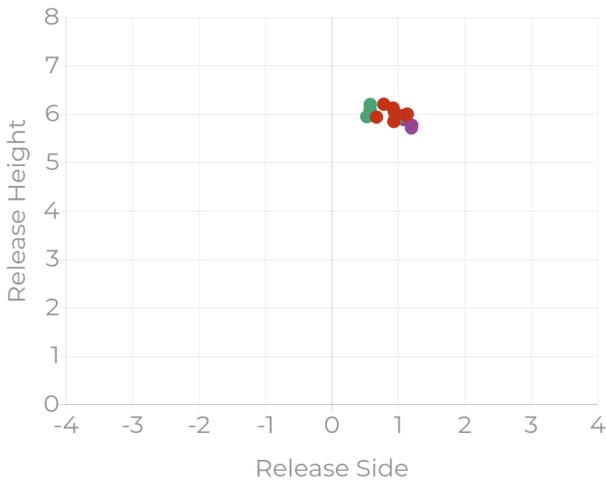
**SPIN RATE VS VELO**



● **FB** ● **CV** ● **SL** ● **CH**

**RELEASE WINDOW**

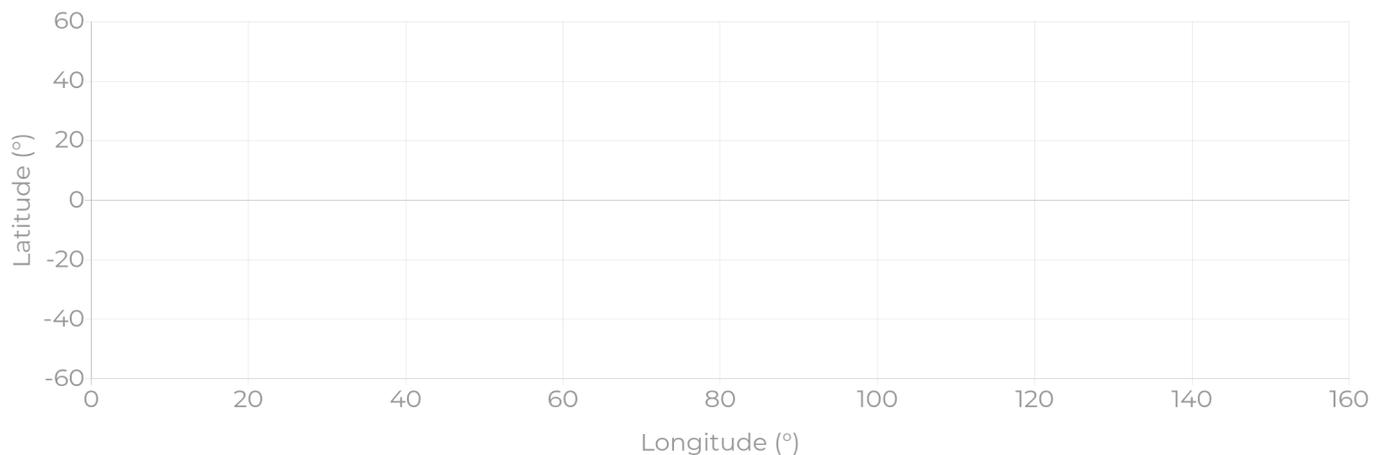
**RELEASE AVERAGES**



**RELEASE DATA**

Pitch Type	Release Angle	Horizontal Angle	Release Height	Release Side
<b>FB</b>	-1.6	1.7	6.0	0.9
<b>CV</b>	-0.2	1.5	6.0	0.7
<b>SL</b>	0.9	1.9	5.8	1.1
<b>CH</b>	-0.9	3.3	5.9	0.9

**SEAM ORIENTATION**



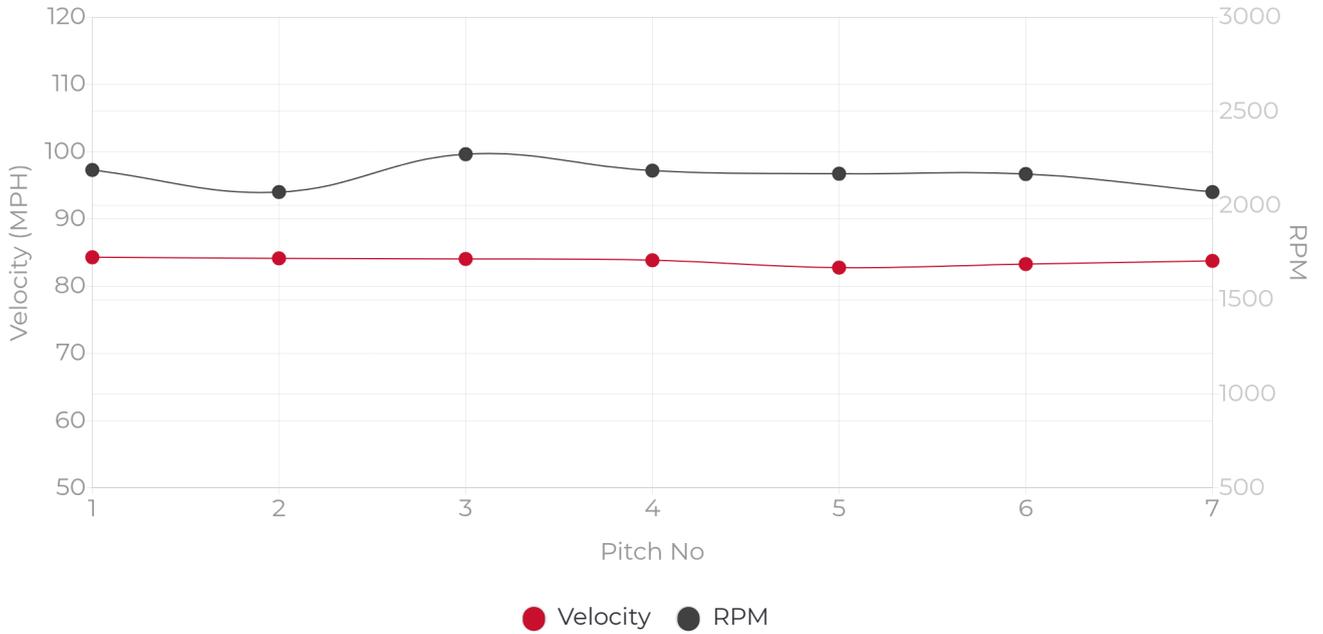
PITCH BREAKDOWNS - FASTBALL

All data points shown are averages unless otherwise specified.

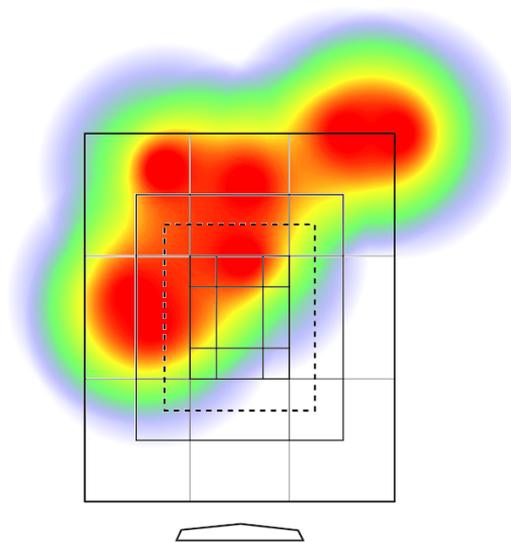
Count	Velo	Max. Velo	Max. RPM	True Spin	Spin Eff.%	Gyro Deg.	VB	HB	R. Height	R. Side	R. Angle	H. Angle
7	83.7	84.3	2160	2047	94.7%	18.0	24.8	7.8	6.0	0.9	-1.6	1.7

PERFORMANCE TRACKING - FB

Plots will only be shown for pitches that recorded data.



STRIKE ZONE HEATMAP - FB



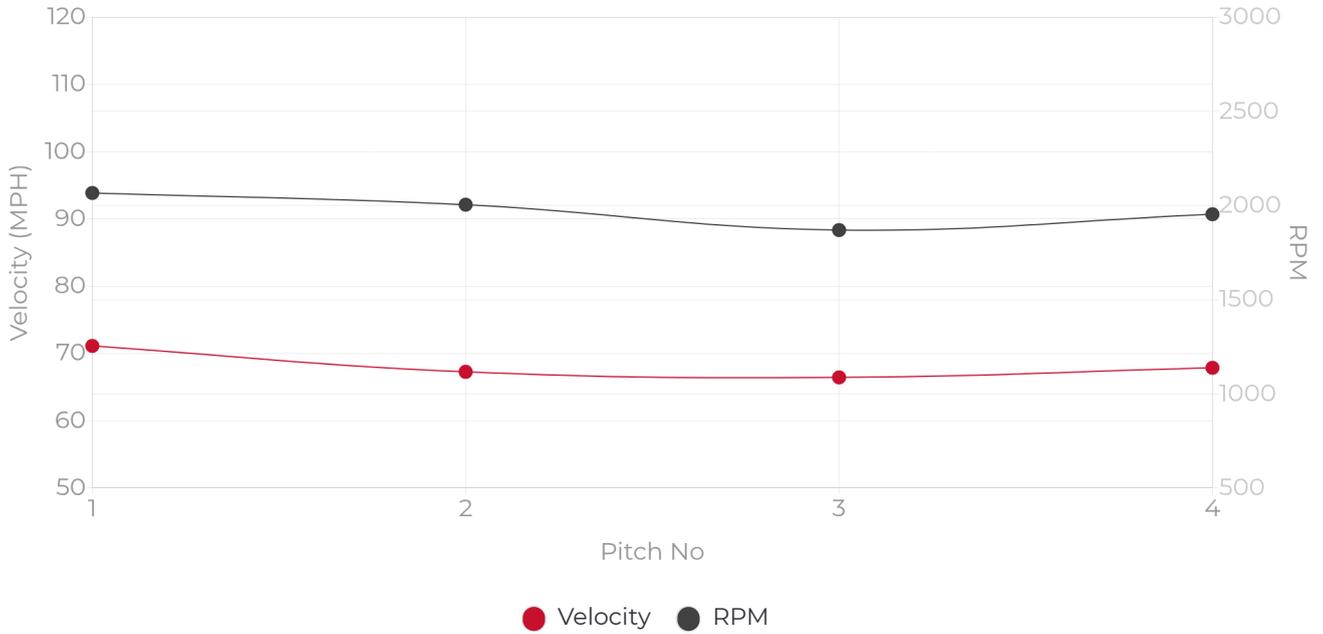
**PITCH BREAKDOWNS - CURVEBALL**

*All data points shown are averages unless otherwise specified.*

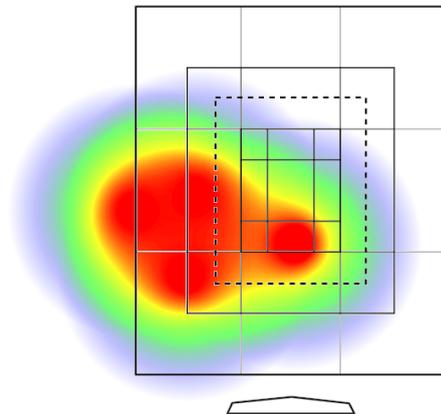
Count	Velo	Max. Velo	Max. RPM	True Spin	Spin Eff.%	Gyro Deg.	VB	HB	R. Height	R. Side	R. Angle	H. Angle
4	68.2	71.1	1973	1619	82.1%	32.0	-7.0	-5.9	6.0	0.7	-0.2	1.5

**PERFORMANCE TRACKING - CV**

*Plots will only be shown for pitches that recorded data.*



**STRIKE ZONE HEATMAP - CV**



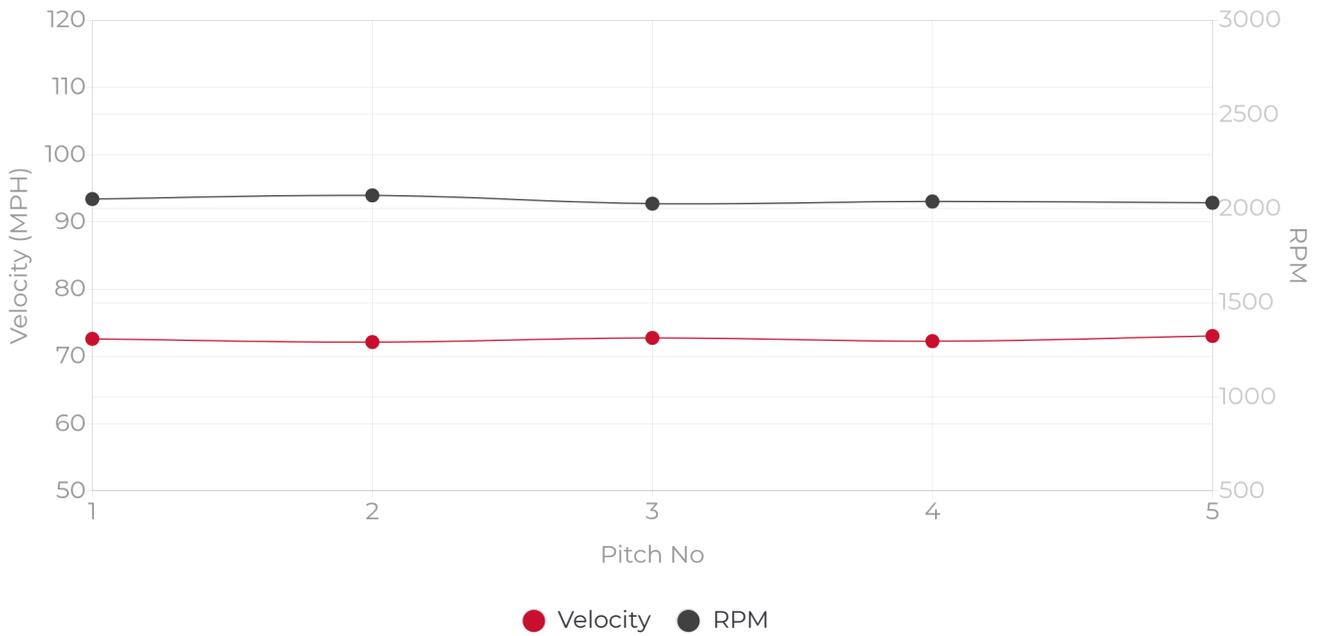
**PITCH BREAKDOWNS - SLIDER**

*All data points shown are averages unless otherwise specified.*

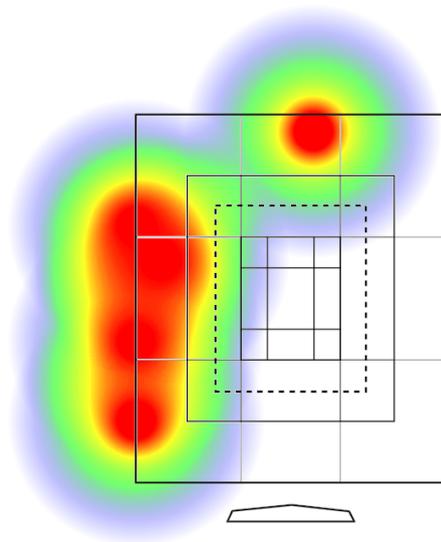
Count	Velo	Max. Velo	Max. RPM	True Spin	Spin Eff.%	Gyro Deg.	VB	HB	R. Height	R. Side	R. Angle	H. Angle
5	72.6	73.0	2042	1485	72.7%	43.0	5.1	-12.8	5.8	1.1	0.9	1.9

**PERFORMANCE TRACKING - SL**

*Plots will only be shown for pitches that recorded data.*



**STRIKE ZONE HEATMAP - SL**



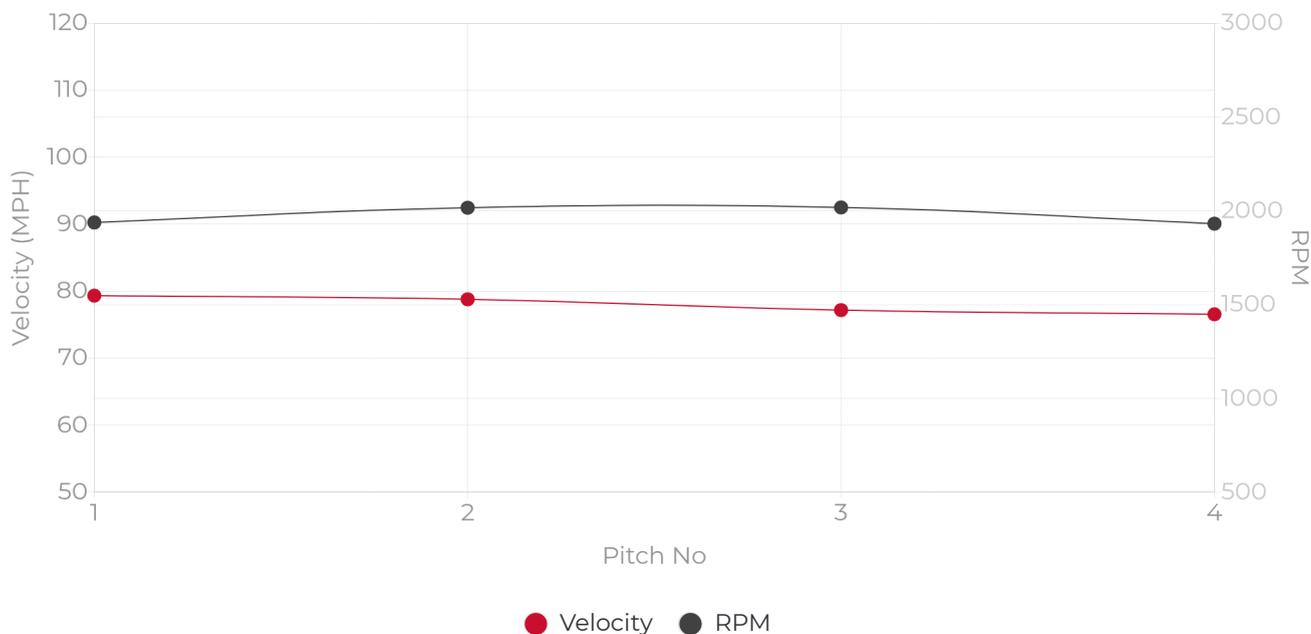
**PITCH BREAKDOWNS - CHANGEUP**

*All data points shown are averages unless otherwise specified.*

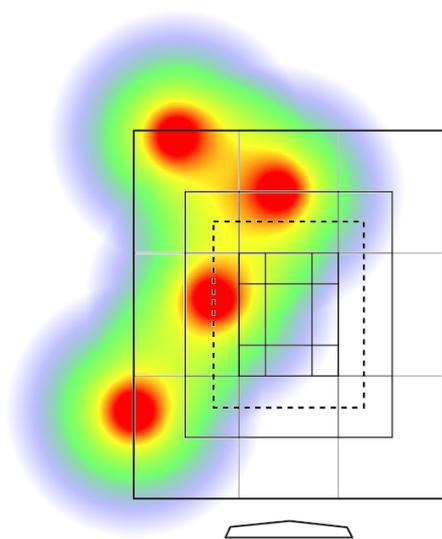
Count	Velo	Max. Velo	Max. RPM	True Spin	Spin Eff.%	Gyro Deg.	VB	HB	R. Height	R. Side	R. Angle	H. Angle
4	78.0	79.3	1976	1961	99.2%	3.0	16.8	13.1	5.9	0.9	-0.9	3.3

**PERFORMANCE TRACKING - CH**

*Plots will only be shown for pitches that recorded data.*



**STRIKE ZONE HEATMAP - CH**



**RELEASE HEIGHT**

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Vertical height above the ground at the point the pitch is released.

**RELEASE SIDE**

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The distance from the center of the rubber at the point of release from the pitcher's POV where the right is a positive number and the left is a negative number.

**RELEASE ANGLE**

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Vertical angle of the ball leaving the pitchers hand where up is positive (higher pitches or pitches with a large amount of negative vertical movement) and a downward angle being negative (pitches lower in the zone or traditionally higher positive vertical break).

**HORIZONTAL ANGLE**

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The Directional degree when the ball leaves the pitchers hand where to the left is negative and the right is positive from the Pitcher's POV. Traditionally, all RH P's have a negative angle and LHP's have a positive angle to varying degrees.

**STRIKE ZONE BREAKDOWN**

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**Heart of Plate:** Batter wants to Swing, pitcher wants him to Take

**Shadow Zone:** 50/50 on pitch called either way

**Chase Region:** Batter wants to Take, pitcher wants the Swing

**Waste Area:** 1+ foot off edge of strike zone

