# Swing Score Report

SPORTSBOX AI

D1 Male Player          Date: 10 January, 2025          Club: 6 Iron

**77**

Overall Score

| VL | #10 | 90mph |
|---|---|---|
| Swing Type | Swings Taken | Avg Club Speed |

| 62 | 89 | 79 |
|---|---|---|
| Speed Score | Efficiency Score | Consistency Score |

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## 01

### Swing Type

**VL**

**Movement Superpower:** Your primary movement type is <u>vertical</u>. Your vertical movement ranks at 80th percentile compared with the Sportsbox tour database.

**Speed Superpower:** Your primary speed source is your Legs because your percent contribution is 24%, which is 0.3 standard deviations higher than the tour mean.

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## 02

### Speed Score

You have a speed score of **62**.
Your swing speed ranks at the 62nd percentile compared to the Sportsbox database of male iron swings. Your primary movement type is vertical followed by rotational and horizontal, respectively.

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## 03

### Efficiency Score

You have an efficiency score of **89**.
You have efficient transition order sequencing observed by your body segments transition in the correct order from backswing to downswing as; Pelvis (1), Chest (2), Arm (3), Club (4). You have efficient movement sequencing with your pelvis swaying (1) toward the target, then rotating (2), then lifting (3). You are most efficient with your legs as it is your highest relative contribution when compared to the tour database.

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## 04

### Consistency Score

You have a consistency score of **79**.
You are most consistent with your body positions at address followed closely by top of backswing. This will aid in more consistent ball contact.

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## 05

### Areas of Focus

- Speed factor that's lowest:  Release
- Segment that's least efficient:  Shoulder
- Part of your swing that's least consistent:  Impact

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# Speed Report

**62**
Speed Score

**90 mph**
Avg Club Head Speed

Z Score
Z Score refers to how many standard deviations your data point is from the mean

## Rotational ROM
69/100

| 71/100 | 71/100 | 65/100 |
|---|---|---|
| **Chest Turn Max** | **Pelvis Turn Max** | **X-Factor Max** |
| ✓ **95°** | ✓ **42°** | ✓ **62°** |
| Tour Range 90° → 100° | Tour Range 33° → 43° | Tour Range 59° → 69° |
| Z Score -0.1 | Z Score 0.8 | Z Score -0.4 |

## Horizontals
64/100

| 75/100 | 54/100 |
|---|---|
| **Chest Side in Transition** | **Pelvis Slide in Transition** |
| ✓ **1.7"** | ✓ **1.1"** |
| Tour Range 0.6" → 2" | Tour Range 0.6" → 1.8" |
| Z Score 0.6 | Z Score -0.1 |

## Verticals
80/100

| 90/100 | 70/100 |
|---|---|
| **Pelvis Drop** | **Pelvis Lift into Impact** |
| ↑ **2.8"** | ✓ **2.7"** |
| Tour Range 1" → 2.8" | Tour Range 1.4" → 3.8" |
| Z Score 1.0 | Z Score 0.1 |

## Rotational Speed
71/100

| 96/100 | 98/100 | 46/100 |
|---|---|---|
| **Pelvis Speed** | **Chest Speed** | **Arm Speed** |
| ↑ **489 d/s** | ↑ **763 d/s** | ↓ **876 d/s** |
| Tour Range 366 → 470 | Tour Range 637 → 729 | Tour Range 880 → 1050 |
| Z Score 1.4 | Z Score 1.7 | Z Score -1.0 |

| | | 47/100 |
|---|---|---|
| | | **Shaft Speed** |
| | | ✓ **2046 d/s** |
| | | Tour Range 1958 → 2262 |
| | | Z Score -0.4 |

## Release
63/100

| 57/100 | 81/100 | 50/100 |
|---|---|---|
| **Lead Wrist Angle Arm Parallel** | **Wrist Release Percent** | **Wrist Speed Gain Factor** |
| ✓ **88°** | ↑ **55%** | ✓ **2.34 ratio** |
| Tour Range 82° → 100° | Tour Range 21% → 53% | Tour Range 1.94 → 2.48 |
| Z Score -0.3 | Z Score 1.1 | Z Score 0.5 |

# Efficiency Report

**89**
Efficiency Score

> **Z Score**
> Z Score refers to how many standard deviations your data point is from +1 Std. of the tour range

## Contributions
82/100

| 97/100 **Legs** | 90/100 **Core** | 46/100 **Shoulder** |
|---|---|---|
| ✓ **23.9%** | ✓ **13.4%** | ↓ **5.5%** |
| Tour Range 19.9 → 26.1 | Tour Range 12.6 → 17 | Tour Range 13.4 → 19.4 |
| Z Score 0.3 | Z Score -0.6 | Z Score -3.6 |

| 94/100 **Wrist** |
|---|
| ✓ **57.1%** |
| Tour Range 54.1 → 64.7 |
| Z Score -0.4 |

## Gain Factors
75/100

| 81/100 **Core** | 41/100 **Shoulder** | 92/100 **Wrist** |
|---|---|---|
| ↓ **1.60 ratio** | ↓ **1.15 ratio** | ✓ **2.34 ratio** |
| Tour Range 1.65 → 2.03 | Tour Range 1.41 → 1.59 | Tour Range 2.21 → 2.75 |
| Z Score -1.3 | Z Score -3.9 | Z Score -0.5 |

| 84/100 **Release** |
|---|
| ↓ **4.25 ratio** |
| Tour Range 4.27 → 5.01 |
| Z Score -1.0 |

## Sequencing
100/100

| 100/100 **Transition Order** | 100/100 **Pelvis Movement Order** |
|---|---|
| **1** Pelvis **2** Chest **3** Arm **4** Club | **1** Sway **2** Turn **3** Lift |

## Height Factor
98/100

| 98/100 **CHS v Height** |
|---|
| ✓ **1.33 ratio** |
| Tour Range 1.26 → 1.42 |
| Z Score -0.1 |

# Consistency Report

**79**
Consistency Score

**#10**
Swings Taken

How do we measure Consistency
This is measured based on how much variance you have across all your swings. The ideal value here is 0

## Address
**81**/100

| 78/100 | 92/100 | 80/100 |
|---|---|---|
| **Chest Turn** | **Pelvis Turn** | **Chest Bend** |
| **1.2°** | **1.4°** | **1.6°** |
| Std. Dev | Std. Dev | Std. Dev |

| 65/100 | 88/100 |
|---|---|
| **Chest Side Bend** | **Pelvis Side Bend** |
| **1.4°** | **0.3°** |
| Std. Dev | Std. Dev |

## Top of Backswing
**81**/100

| 84/100 | 88/100 | 83/100 |
|---|---|---|
| **Chest Turn** | **Pelvis Turn** | **Chest Bend** |
| **1.4°** | **1°** | **1.5°** |
| Std. Dev | Std. Dev | Std. Dev |

| 93/100 | 80/100 | 80/100 |
|---|---|---|
| **Chest Side Bend** | **Pelvis Side Bend** | **Sway Gap** |
| **0.4°** | **0.7°** | **0.3"** |
| Std. Dev | Std. Dev | Std. Dev |

| 73/100 | 80/100 | 73/100 |
|---|---|---|
| **Chest Sway** | **Pelvis Sway** | **Chest Lift** |
| **0.4"** | **0.3"** | **0.4"** |
| Std. Dev | Std. Dev | Std. Dev |

| 80/100 | 78/100 | 77/100 |
|---|---|---|
| **Pelvis Lift** | **Hand Sway** | **Hand Lift** |
| **0.2"** | **0.9"** | **0.8"** |
| Std. Dev | Std. Dev | Std. Dev |

# Consistency Report

**79**
Consistency Score

**#10**
Swings Taken

> **How do we measure Consistency**
> This is measured based on how much variance you have across all your swings. The ideal value here is 0

## Transition
**81**/100

| 85/100 | 90/100 | 88/100 |
|---|---|---|
| Pelvis Transition Time | Chest Transition Time | Arm Transition Time |
| **10 ms** | **3 ms** | **4 ms** |
| Std. Dev | Std. Dev | Std. Dev |

| | | 63/100 |
|---|---|---|
| | | Tempo |
| | | **0.3** |
| | | Std. Dev |

## Impact
**76**/100

| 77/100 | 75/100 | 80/100 |
|---|---|---|
| Chest Turn | Pelvis Turn | Chest Bend |
| **1.5°** | **1.4°** | **1.2°** |
| Std. Dev | Std. Dev | Std. Dev |

| 79/100 | 80/100 | 67/100 |
|---|---|---|
| Chest Side Bend | Pelvis Side Bend | Sway Gap |
| **1°** | **0.4°** | **0.4"** |
| Std. Dev | Std. Dev | Std. Dev |

| 75/100 | 81/100 | 67/100 |
|---|---|---|
| Chest Sway | Pelvis Sway | Chest Lift |
| **0.4"** | **0.3"** | **0.4"** |
| Std. Dev | Std. Dev | Std. Dev |

| 75/100 | 86/100 | 75/100 |
|---|---|---|
| Pelvis Lift | Hand Sway | Hand Lift |
| **0.3"** | **0.4"** | **0.3"** |
| Std. Dev | Std. Dev | Std. Dev |