Swing Score Report

SPORTSBOX AI

LPGA Tour Player   Date: 9 November, 2024   Club: Driver

84

Overall Score

HS	**#10**	**100 mph**
Swing Type	Swings Taken	Avg Club Speed
80	**91**	**82**
Speed Score	Efficiency Score	Consistency Score

01

Swing Type

HS

Movement Superpower: Your primary movement type is <u>horizontal</u>. Your horizontal movement ranks at 62nd percentile compared with the Sportsbox tour database.

Speed Superpower: Your primary speed source is your Shoulder because your percent contribution is 15%, which is equal to the tour mean.

02

Speed Score

You have a speed score of **80**.
Your swing speed ranks at the 80th percentile compared to the Sportsbox database of female driver swings. Your primary movement type is horizontal followed by vertical and rotational, respectively.

03

Efficiency Score

You have an efficiency score of **91**.
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 shoulder as it is your highest relative contribution when compared to the tour database.

04

Consistency Score

You have a consistency score of **82**.
You are most consistent with your body positions at address followed closely by transition. This will aid in more consistent ball contact.

05

Areas of Focus

- Speed factor that's lowest: Release
- Segment that's least efficient: Legs
- Part of your swing that's least consistent: Top of Backswing

Speed Report

80
Speed Score

100 mph
Avg Club Head Speed

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

Rotational ROM
47/100

50/100 Chest Turn Max	16/100 Pelvis Turn Max	75/100 X-Factor Max
✓ **102°**	↓ **41°**	✓ **65°**
Tour Range 96° → 110°	Tour Range 41° → 50°	Tour Range 58° → 67°
Z Score -0.2	Z Score -1.0	Z Score 0.5

Horizontals
62/100

96/100 Chest Side in Transition	28/100 Pelvis Slide in Transition
⇈ **2.7"**	✓ **0.6"**
Tour Range 0.9" → 2.1"	Tour Range 0.5" → 1.3"
Z Score 2.0	Z Score -0.8

Verticals
56/100

68/100 Pelvis Drop	45/100 Pelvis Lift into Impact
✓ **2.5"**	✓ **2.7"**
Tour Range 1.1" → 3.3"	Tour Range 1.9" → 4.3"
Z Score 0.3	Z Score -0.3

Rotational Speed
68/100

48/100 Pelvis Speed	66/100 Chest Speed	81/100 Arm Speed
✓ **441 d/s**	✓ **758 d/s**	✓ **1040 d/s**
Tour Range 413 → 498	Tour Range 702 → 794	Tour Range 897 → 1059
Z Score -0.3	Z Score 0.2	Z Score 0.8

		76/100 Shaft Speed
		✓ **1935 d/s**
		Tour Range 1734 → 1958
		Z Score 0.8

Release
46/100

74/100 Lead Wrist Angle Arm Parallel	26/100 Wrist Release Percent	39/100 Wrist Speed Gain Factor
✓ **76°**	✓ **22%**	✓ **1.87 ratio**
Tour Range 74° → 95°	Tour Range 17% → 50%	Tour Range 1.73 → 2.07
Z Score -0.8	Z Score -0.7	Z Score -0.2

Efficiency Report

91
Efficiency Score

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

Contributions
85/100

75/100	87/100	96/100
Legs	**Core**	**Shoulder**
↓ **23.0%**	↓ **16.0%**	✓ **15.0%**
Tour Range 24.7 → 29.9	Tour Range 15.8 → 19.6	Tour Range 12.5 → 19.1
Z Score -1.7	Z Score -0.9	Z Score -0.2

82/100
Wrist
↓ **46.0%**
Tour Range 46.9 → 56.1
Z Score -1.2

Gain Factors
88/100

95/100	96/100	82/100
Core	**Shoulder**	**Wrist**
✓ **1.73 ratio**	✓ **1.37 ratio**	↓ **1.87 ratio**
Tour Range 1.65 → 1.89	Tour Range 1.31 → 1.47	Tour Range 1.90 → 2.24
Z Score -0.3	Z Score -0.2	Z Score -1.1

80/100
Release
↓ **4.75 ratio**
Tour Range 4.90 → 5.80
Z Score -1.3

Sequencing
100/100

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

Height Factor
89/100

89/100
CHS v Height
✓ **1.45 ratio**
Tour Range 1.42 → 1.64
Z Score -0.7

Consistency Report

82
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
84/100

83/100	89/100	84/100
Chest Turn	**Pelvis Turn**	**Chest Bend**
1°	**0.6°**	**1.2°**
Std. Dev	Std. Dev	Std. Dev

80/100	85/100
Chest Side Bend	**Pelvis Side Bend**
0.9°	**0.4°**
Std. Dev	Std. Dev

Top of Backswing
81/100

78/100	81/100	85/100
Chest Turn	**Pelvis Turn**	**Chest Bend**
1.9°	**1.6°**	**1.3°**
Std. Dev	Std. Dev	Std. Dev

80/100	75/100	80/100
Chest Side Bend	**Pelvis Side Bend**	**Sway Gap**
1°	**0.7°**	**0.3"**
Std. Dev	Std. Dev	Std. Dev

79/100	86/100	78/100
Chest Sway	**Pelvis Sway**	**Chest Lift**
0.5"	**0.3"**	**0.4"**
Std. Dev	Std. Dev	Std. Dev

81/100	81/100	89/100
Pelvis Lift	**Hand Sway**	**Hand Lift**
0.3"	**0.9"**	**0.4"**
Std. Dev	Std. Dev	Std. Dev

Consistency Report

82
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
84/100

83/100	78/100	83/100
Pelvis Transition Time	Chest Transition Time	Arm Transition Time
9.3 ms	**6.4 ms**	**5.6 ms**
Std. Dev	Std. Dev	Std. Dev

90/100
Tempo
0.1
Std. Dev

Impact
82/100

88/100	83/100	80/100
Chest Turn	Pelvis Turn	Chest Bend
1°	**1.1°**	**1.3°**
Std. Dev	Std. Dev	Std. Dev

76/100	83/100	84/100
Chest Side Bend	Pelvis Side Bend	Sway Gap
1.4°	**0.4°**	**0.2"**
Std. Dev	Std. Dev	Std. Dev

85/100	84/100	78/100
Chest Sway	Pelvis Sway	Chest Lift
0.3"	**0.3"**	**0.3"**
Std. Dev	Std. Dev	Std. Dev

76/100	81/100	88/100
Pelvis Lift	Hand Sway	Hand Lift
0.3"	**0.8"**	**0.2"**
Std. Dev	Std. Dev	Std. Dev