### **Swing Score Report**



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

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

You have a speed score of 80.

Speed Score

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.

You have an efficiency score of <u>91</u>.

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 You have a consistency score of 82.

You are most consistent with your body positions at address followed closely by

Consistency Score

You are most consistent with your body positions at address followed closely by

transition. This will aid in more consistent ball contact.

· Segment that's least efficient: Legs

• Speed factor that's lowest: Release

Areas of Focus

• Part of your swing that's least consistent: Top of Backswing

### **Speed Report**



80

100 mph

Speed Score

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** 

< 102°

96° → 110° Tour Range -0.2 Z Score

16/100 Pelvis Turn Max

41° → 50° Tour Range Z Score

75/100

X-Factor Max

< 65°

58° → 67° Tour Range Z Score 0.5

**Horizontals** 

62/100

96/100

Chest Side in **Transition** 

tt 2.7"

Z Score

-1.0

28/100

Pelvis Slide in Transition

**~0.6**"

Tour Range

Z Score

0.5" → 1.3" -0.8

**Verticals** 

56/100

68/100

**Pelvis Drop** 

**~ 2.5**"

**Tour Range** Z Score

1.1" → 3.3"

Tour Range Z Score -0.3

**~2.7**"

45/100

Pelvis Lift into Impact

**Rotational Speed** 

68/100

48/100

**Pelvis Speed** 

< 441 d/s

413 → 498 Tour Range 7 Score -0.3

66/100

**Chest Speed** 

√758 d/s

702 → 794 Tour Range 0.2 Z Score

81/100

**Arm Speed** 

√1040 d/s

897 → 1059 Tour Range 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

~76°

**Tour Range**  $74^{\circ} \rightarrow 95^{\circ}$ Z Score -0.8 26/100

Wrist Release Percent

**~22%** 

Tour Range  $17\% \rightarrow 50\%$ Z Score

39/100

Wrist Speed Gain Factor

√ 1.87 ratio

Tour Range  $1.73 \rightarrow 2.07$ Z Score -0.2

LPGA Tour Player Date: 9 November, 2024 Club: Driver Page 2 of 5

# **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

-1.7

#### Contributions

85/100

75/100
Legs **23.0%**Tour Range 24.7 → 29.9

Z Score

87/100
Core

16.0%

Tour Range 15.8 → 19.6
Z Score -0.9

96/100
Shoulder  $\checkmark$  15.0%

Tour Range 12.5  $\rightarrow$  19.1
Z Score -0.2

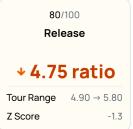
#### **Gain Factors**

88/100









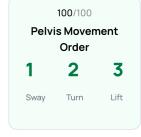
### Sequencing

100/100

100/100
Transition Order

1 2 3 4

Pelvis Chest Arm



### **Height Factor**

89/100

89/100
CHS v Height

✓ 1.45 ratio

Tour Range 1.42 → 1.64
Z Score -0.7

LPGA Tour Player Date: 9 November, 2024 Club: Driver Page 3 of 5

## **Consistency Report**



82

#10

Consistency Score

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  $\boldsymbol{0}$ 

**Address** 

84/100

83/100

**Chest Turn** 

1°

Std. Dev

89/100

Pelvis Turn

0.6°

Std. Dev

84/100

**Chest Bend** 

1.2°

Std. Dev

80/100

Chest Side Bend

0.9° Std. Dev 85/100

Pelvis Side Bend

0.4°

Std. Dev

**Top of Backswing** 

**81**/100

78/100

**Chest Turn** 

1.9°

Std. Dev

**81**/100

Pelvis Turn

1.6°

Std. Dev

85/100

**Chest Bend** 

1.3° Std. Dev

80/100

**Chest Side Bend** 

1°

Std. Dev

75/100

Pelvis Side Bend

0.7°

Std. Dev

80/100 **Sway Gap** 

0.3"

Std. Dev

79/100

**Chest Sway** 

0.5"

Std. Dev

81/100

Pelvis Lift

**0.3**" Std. Dev

86/100

Pelvis Sway

0.3"

Std. Dev

81/100 Hand Sway

0.9"

Std. Dev

78/100

Chest Lift

**0.4**" Std. Dev

89/100

**Hand Lift** 

**0.4**" Std. Dev

LPGA Tour Player Date: 9 November, 2024 Club: Driver Page 4 of 5

## **Consistency Report**



82

#10

Consistency Score

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  $\boldsymbol{0}$ 

**Transition** 

84/100

83/100

**Pelvis Transition Time** 

9.3 ms

Std. Dev

78/100

**Chest Transition Time** 

6.4 ms

Std. Dev

83/100

**Arm Transition Time** 

5.6 ms

Std. Dev

90/100

Tempo

O.1 Std. Dev

Impact

**82**/100

88/100

**Chest Turn** 

1° Std. Dev 83/100

Pelvis Turn

1.1°

Std. Dev

80/100 Chest Bend

1.3°

Std. Dev

76/100

Chest Side Bend

1.4°

Std. Dev

83/100

Pelvis Side Bend

0.4°

Std. Dev

84/100 **Sway Gap** 

**0.2**" Std. Dev

78/100

**Chest Lift** 

0.3"

Std. Dev

85/100

**Chest Sway** 

0.3"

Std. Dev

76/100

Pelvis Lift

0.3"

Std. Dev

84/100

Pelvis Sway

0.3"

Std. Dev

81/100

**Hand Sway** 

0.8"

Std. Dev

88/100 Hand Lift

0.2"

Std. Dev

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