



Jackson Bower



Duke University



July 18-19th, 2023



Best in the US Showcases

PERFORMANCE EVALUATION

Performance Summary

Jackson showed some very positive attributes for a young player. As a hitter he showed optimal movements with a simple efficient load and stays connected through the swing. On the mound Jackson has a very efficient delivery in which he stays in control the entire time, has a glove side that syncs very well with lead leg, stays on the backside well rather than rushing out, and controls his eyes well throughout the pitch.

Development Suggestions

Jackson should attack the weight room. Adding speed, flexibility and more explosiveness to his skillset will improve his metrics and take him to another level as a prospect. College coaches are looking for players with the physical tools to compete at the next level, and his investment in his physical development is going to have a major impact on his future college baseball opportunities.

Jackson's biggest point of emphasis over the next several years should be to become as strong and explosive as he possibly can. A disciplined approach to speed and agility and strength training should turn him into a very good player. His movements both on the mound and at the plate are very good. By becoming a stronger, better athlete with the base already in place he will become a very good player and attractive recruit. As a hitter I would encourage Jackson to ensure that as he loads he does not lead his upper half especially his head sync down. Maintain good posture and consistent eye level when loading the ensure the ability to square the ball up as much as possible.

POSITION(S)

LHP/1B

THROWS

Left

BATS

RIGHT

GRAD

2027

PERFORMANCE METRICS

METRIC	YOUR RESULT	CAMP AVG	CAMP BEST
60 YARD DASH	8.07	7.71	6.60
EXIT VELOCITY	84mph	87mph	98.3
INFIELD VELOCITY	69mph	76mph	88mph

PERFORMANCE METRICS

METRIC	YOUR RESULT	CAMP AVG	CAMP BEST
OUTFIELD VELOCITY			
CATCHER VELOCITY			
CATCHER POP TIME			