

# The Ultimate D1 Recruiting Blueprint by Parsons Sports Performance

## Your Roadmap from High School to Pro Baseball – Unlock Insider Strategies, Proven Metrics, and Expert Guidance to Ignite Your College Career

Are you a high school baseball player dreaming of playing at the Division 1 level? Parsons Sports Performance has compiled this comprehensive guide to help you understand the key metrics college recruiters are looking for and how to achieve them.

### Why This Guide Matters

With Division 1 rosters shrinking from 40 to 34 players in 2025, competition for spots is fiercer than ever. Understanding and meeting these metrics can be the difference between playing college ball and watching from the sidelines.

### Position-Specific Metrics for D1 Prospects

#### Pitchers

Key Metrics:

- Fastball Velocity (FB Velo)
- Breaking Ball Velocity (BB Velo)
- Spin Rate
- Control (Strike %)
- Height/Weight

Performance Ranges:

Level	FB Velo	BB Velo	Spin Rate	Control	Height/Weight
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D2/D3	84-87 mph	72-75 mph	2200-2400 rpm	60%+	6'0"+/180 lbs+
D1	88-91 mph	76-79 mph	2400-2600 rpm	65%+	6'2"+/190 lbs+
Top 25 D1	92-95 mph	80-83 mph	2600-2800 rpm	70%+	6'3"+/200 lbs+
Pro Prospect	96+ mph	84+ mph	2800+ rpm	75%+	6'4"+/210 lbs+

## Position Players

### Infielders

#### Key Metrics:

- Infield Velocity (IF Velo)
- 60-Yard Dash
- Exit Velocity (Exit Velo)
- Fielding Percentage
- Height/Weight

#### Performance Ranges:

Level	IF Velo	60-Yard	Exit Velo	Fielding %	Height/Weight
D2/D3	80-84 mph	7.0-7.2 sec	85-89 mph	93%+	5'10"+/170 lbs+
D1	85-89 mph	6.8-7.0 sec	90-94 mph	95%+	6'0"+/180 lbs+

Top 25 D1	90-94 mph	6.6-6.8 sec	95-99 mph	97%+	6'1"+/185 lbs+
Pro Prospect	95+ mph	<6.6 sec	100+ mph	98%+	6'2"+/190 lbs+

## **Outfielders**

### **Key Metrics:**

- Outfield Velocity (OF Velo)
- 60-Yard Dash
- Exit Velocity (Exit Velo)
- Fielding Percentage
- Height/Weight

### **Performance Ranges:**

<b>Level</b>	<b>OF Velo</b>	<b>60-Yard</b>	<b>Exit Velo</b>	<b>Fielding %</b>	<b>Height/Weight</b>
D2/D3	82-85 mph	6.9-7.1 sec	85-89 mph	95%+	5'11"+/175 lbs+
D1	86-89 mph	6.7-6.9 sec	90-94 mph	97%+	6'1"+/185 lbs+
Top 25 D1	90-93 mph	6.5-6.7 sec	95-99 mph	98%+	6'2"+/190 lbs+
Pro Prospect	94+ mph	<6.5 sec	100+ mph	99%+	6'3"+/200 lbs+

# Catchers

## Key Metrics:

- Pop Time
- Catcher Velocity (C Velo)
- Exit Velocity (Exit Velo)
- Fielding Percentage
- Height/Weight

## Performance Ranges:

Level	Pop Time	C Velo	Exit Velo	Fielding %	Height/Weight
D2/D3	2.05-2.10 sec	75-77 mph	85-89 mph	95%+	5'10"+/180 lbs+
D1	1.95-2.00 sec	78-80 mph	90-94 mph	97%+	6'0"+/190 lbs+
Top 25 D1	1.90-1.95 sec	81-83 mph	95-99 mph	98%+	6'1"+/200 lbs+
Pro Prospect	<1.9 sec	84+ mph	100+ mph	99%+	6'2"+/210 lbs+

## Additional Metrics for All Positions

- Squat: 1.5x body weight
- Bench Press: 1x body weight
- Vertical Jump: 28+ inches
- Broad Jump: 9+ feet
- Bat Speed: 70+ mph

## Tips for Success in the Recruiting Process

1. Academics Matter: Maintain a strong GPA and take challenging courses. This opens more doors and can lead to academic scholarships.

2. Create a Compelling Profile: Develop a baseball resume that includes your key stats, academic information, and notable achievements.
3. Attend Showcases and Camps: These events give you exposure to college coaches and help you gauge your skills against other top prospects.
4. Be Proactive: Don't wait for coaches to find you. Reach out to programs you're interested in with your profile and video highlights.
5. Develop All Five Tools: College coaches evaluate players based on arm strength, fielding ability, speed, hitting for power, and hitting for average.
6. Focus on Skill Development: Consistently work on improving your fundamentals and physical conditioning.
7. Play High-Level Competition: Participate in travel ball and competitive summer leagues to face quality opposition.
8. Create Quality Video: Put together a short (3-5 minute) highlight video showcasing your skills in game situations.
9. Be Coachable: Demonstrate a positive attitude, work ethic, and willingness to learn during all interactions with coaches.
10. Get After it in the Weight Room: College scouts value high school ball players that take their development seriously and consistently pursue high performance.

## How PSP Can Help You Reach These Metrics

At Parsons Sports Performance, we specialize in turning high school athletes into D1 prospects. Our proven results speak for themselves:

### 12-Week Average Improvements

- +5 mph Pitching Velocity
- +10 mph Exit Velocity
- -0.45 seconds off 60-yard dash
- +5.5" to vertical jump
- +13" to broad jump
- +115 lbs to squat
- +140 lbs to deadlift

## Real Success Stories

### Sach Gopal - RHP, Navy '29

- **Velocity: +9 mph** (81 mph → 90.5 mph)

### Austin Campbell - LHP, UMass Amherst '28

- **Velocity: +7mph**, (84 mph → 91 mph)

### Jayce Devine - OF, Bentley '29

- **Exit Velocity: +11 mph**, (96 mph → 107 mph)

### Owen Burnes - LHP, Dexter Southfield '28

- **Velocity: +9 mph**, (81 mph → 90 mph)

## Why Choose PSP?

1. Proven Results: Our athletes consistently see significant improvements in key metrics.
2. Customized Training: We assess each athlete individually and create tailored programs.
3. Comprehensive Approach: We focus on strength, speed, and sport-specific skills.
4. Expert Guidance: Our coaches have experience in college and professional baseball.

## Don't Miss Your Shot at D1

With college rosters shrinking and competition intensifying, now is the time to take your training to the next level. PSP has the proven track record to help you reach your D1 dreams.

Ready to transform your baseball career? Fill out our Baseball Assessment Form at [parsonssports.net/baseball-assessment-form/](https://parsonssports.net/baseball-assessment-form/) to get started on your journey to becoming a D1 athlete.

Remember, the road to D1 starts here. Don't leave your college baseball future to chance – train with the best at Parsons Sports Performance.

## Citations:

1. <https://www.ncsasports.org/baseball/recruiting-guidelines>
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