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Cat's Spin Worthy of Olympic No-Hitter

Olathe, Kansas; August 15, 2008 – As softball pitching ace Cat Osterman's 2008 Summer Olympics no-hitter is regaled in the sports world, the science behind the pitcher's ability is unfolding as well, thanks to new technology and the efforts of the National Fastpitch Coaches Association. Cat's formative years as a pitcher until age 14 were spent under the guidance of Houston pitching instructor Tim Timmons. Common to virtually all of Tim's students, including Cat, is a strong ability to impart spin on a pitch. This ability has come to light in the NFCA's 2008 summer recruiting camps. NFCA administered camps are using technology from RevFire Corporation to chart the spin rate of breaking balls thrown by aspiring fastpitch softball pitchers. The handheld RevFire® is similar to a radar gun but measures spin as well as speed. Hildred Deese, NFCA Director of Events, states "The RevFire has been a great addition to the NFCA recruiting camps. NFCA coaches like the objective way they can now assess pitching talent."

Like Cat, pitchers training with Tim Timmons are consistently at the high end of the charts. Downloadable histograms at www.RevFire.com graph the spin rate performance

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of hundreds of pitchers at the NFCA camps. The average high school pitcher throws a curveball about 18 revolutions per second (RPS), while the top 10% throw greater than 23 RPS. Cat Osterman's curveball is regularly 30 RPS. When asked about the performance of his students, Tim said "I have always put emphasis on getting tight spin on the ball, but recently we've seen a significant boost from regular use of the RevFire. All of my top 15 students now throw above 32 RPS on their breaking balls. Training is more productive with the RevFire numbers validating our technique and guiding the student."

RevFire Corporation provides the RevFire, a technically advanced baseball and softball pitching training tool, at an affordable price. Learn more at www.RevFire.com.

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