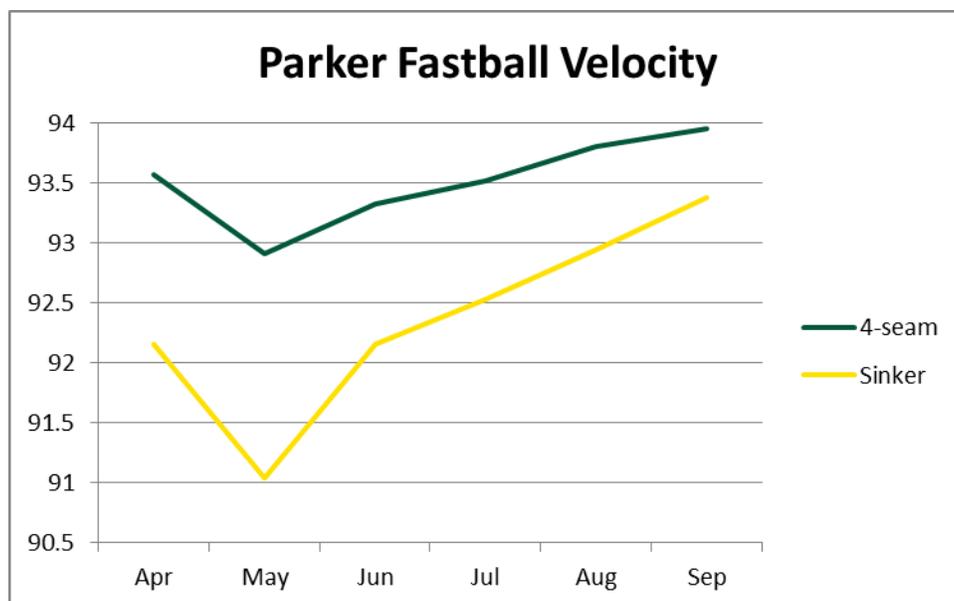


Here is a sample of the analysis you can expect in the 2013 Starting Pitcher Guide. The following is a sample from the guide featuring our **Jarrold Parker** coverage, a player covered by both **Paul Sporer** and **Doug Thorburn**. The top analysis is from Sporer. The Mechanics Report Card and text below is from Thorburn. Throughout the guide, the MCR will always delineate when you've gone from reading Sporer to Thorburn within a player profile.

Oakland Athletics

Jarrold Parker (24 years old) – The biggest concern for Parker coming into 2013 will be the fact that he threw 215 innings (counting minor leagues and playoffs) in his rookie season, a 78-inning bump from his 2011 for a guy who is just two years removed from Tommy John surgery. How viable is the concern from a workload standpoint? The A's managed his pitch counts (which are more important than innings counts, Nationals) splendidly as he topped 110 just twice all year and averaged 97.6 pitches per start in his 29 outings (and maxed out at 96 in his two playoff starts). Compare that with the 97.5 average of **Matt Moore** from the Tampa Bay Rays, who are often lauded for their handling of pitchers.

And then there's this:



Parker's velocity rose monthly from May on. The gains weren't overwhelming, but the fact that they were gains is what is important as you don't often see a pitcher adding velocity in the dog days. Generally it tapers off in June or July as innings pile up, but Parker didn't have that problem. Another positive sign regarding fatigue and workload.

The fact that his ERA rose a full run in the second half (from 2.96 to 3.92) may worry some folks, too. However, that is actually a bit misleading once you dig into the numbers as he hit a bit of a rookie wall immediately after the break (5.45 ERA in six starts), but he was nothing short of brilliant in September. His 2.63 ERA and 1.07 WHIP stand alone as great, but then when you factor in his competition it is even more impressive. He bookended the month with home-and-away outings against Los Angeles and Texas along with a visit from Baltimore and a trip to New York sandwiched in the middle. For those keeping score at home, that's four outings against three playoff teams and another pair against an 89-win Angels team. The next step in his success ladder is improving on the road. Five of six starts where he went five innings or fewer were on the road and he allowed four or more earned runs in all of them.

His changeup was even better than advertised giving him a true strikeout pitch and another plus pitch to pair with his slider. The pitch was extremely effective against both lefties and righties yielding a meager 424 OPS and accounting for 39 percent of his strikeouts. If he can get ahead more with his fastball, batters are toast and we could see his strikeout totals shoot well above last year's modest 18.6 percent rate (AL average was 18.2 for starters).

PEAK MECHANICS	
Balance	50
Momentum	50
Torque	60
Posture	50
Release Distance	55
Repetition	50
OVERALL MECHANICS	B-

Despite peak mechanics that graded out near the MLB average across the board, the right-hander's learning curve suggests that the above marks are merely a baseline for his delivery, and Parker is in a great position to take another leap forward in 2013.