

DATA. AWARENESS. ADVANTAGE.

HITTERSIQ
SYSTEM

TRACK IT OR GUESS

HOW GREAT HITTERS
SEE PATTERNS
OTHERS MISS

THE DIFFERENCE
BETWEEN REACTING
AND GETTING AHEAD.



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HITTERSIQ

BOOK 3

Track It or Guess

How Great Hitters See Patterns Others Miss

This is the bridge.

Book 1 teaches thinking.

Book 2 teaches action.

This one proves why tracking is required.

TRACK · RECOGNIZE · DECIDE

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PART I

WHY YOU TRACK

CHAPTER 1

What You Think Is Happening vs What Is Actually Happening

You think you know what's happening in the box. You don't. You have a version of it — filtered through adrenaline, emotion, and the limits of human memory. That version feels accurate. But it's not precise, and in baseball, imprecise information leads to wrong adjustments.

WHAT YOU THINK YOU KNOW

After an at-bat, hitters say things like:

- "I was late on everything."
- "He kept throwing off-speed."
- "I just missed my pitch."

These statements feel true. They are based on something real. But they are summaries of emotional experience, not accurate accounts of what actually occurred. The brain compresses and distorts under pressure.

WHAT ACTUALLY HAPPENS

Your brain stores highlights, not sequences. It stores moments — the strikeout you're replaying, the pitch you crushed last week — but it does not store patterns, percentages, or the precise order of events. The game is made of patterns. Your memory is made of moments. Those are not the same thing.

A moment is what happened. A pattern is what keeps happening. If you can't see the pattern, you can't anticipate. And if you can't anticipate, you are always one step behind.

THE GAP

The space between what you think happened and what actually happened is where hitters stay stuck. Adjustments built on false information don't fix anything. They just replace one wrong belief with another.

Example: *You say: "He kept throwing breaking balls." Reality: He threw a fastball 6 out of 9 pitches — the breaking balls only showed up with two strikes. Your next at-bat, you over-prepared for off-speed and got blown away by fastballs you were late on.*

WHY MEMORY IS NOT RELIABLE

Memory is emotional, not analytical. Under game conditions — pressure, noise, consequence — your brain filters what it holds onto. It prioritizes the outcome (the strikeout) over the process (the sequence that led to it). It prioritizes feeling (I was late) over data (you were late twice on fastballs at 1-0 because you weren't expecting them).

This is not a weakness you can think your way out of. It is how human memory works. The only fix is a system that doesn't rely on memory at all — one that captures what happened in real time so you don't have to reconstruct it later.

TRACKING FIXES THIS

Tracking removes the guesswork from your adjustments. Instead of working from "I feel like he was throwing more off-speed," you work from actual pitch counts. Instead of adjusting based on your

emotional experience of an at-bat, you adjust based on what the data actually shows.

When your belief about what's happening matches what's actually happening, your decisions become accurate. When those two things don't match, your decisions fail — not because you're not working hard, but because you're working with the wrong information.

WHAT HAPPENS WHEN YOU START TRACKING

You start seeing things you were missing — not because they weren't there, but because you never had a way to hold onto them. Patterns that felt random become predictable. Mistakes you thought were bad luck turn out to be the same decision repeated. Pitchers who seemed inconsistent reveal clear tendencies.

The game does not change. Your view of it does.

ONE SENTENCE *What you think is happening doesn't matter if it's wrong, and tracking is how you see what's actually real.*
