

PERFORMANCE METRICS

Name: **Sample Athlete**

Eval Date: **3/1/2017**

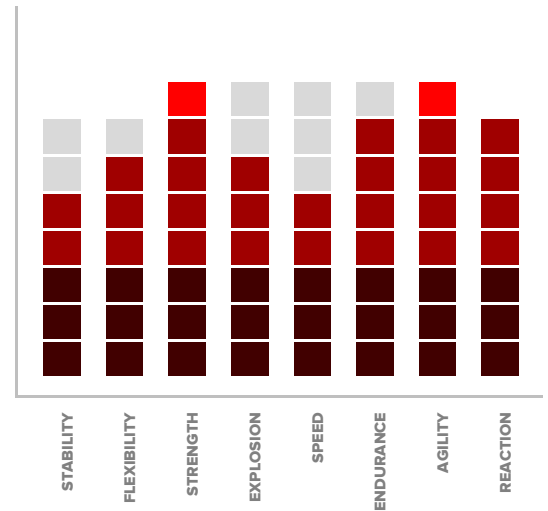
Age: **15**

Primary Sport: **Track (Running)**

Competitive Level: **Varsity**

- | | |
|-----------|-----------------|
| PERFORM. | 10. Pro |
| | 9. D1 |
| | 8. D2/D3 |
| ATHLETICS | 7. Varsity |
| | 6. JV |
| | 5. Soph |
| | 4. Freshman |
| BASELINE | 3. Advanced |
| | 2. Intermediate |
| | 1. Beginner |

RESULTS



STABILITY

5

TARGET 7

Stability is the **most important** athletic ability. To move well, an athlete must 1) know their position in space (kinesthetic awareness), 2) have enough strength to support the body in any position, 3) shift weight quickly to hold or recover balance. Because all athletes depend on their legs for most of their balance, The Stability Balance test is a measure of your **weakest** leg's stability.

You are below target for your sport and skill level. This means that training for stability should be a key area of focus (at least once a week) for the next 8 weeks of your program.

FLEXIBILITY

6

TARGET 7

Athletic Flexibility is what removes training limitations. For an athlete to compete at their best, they should be able to use their muscles and joints throughout the full range of movement. The Flexibility test puts the athlete through four different "range of motion" movements to measure athletic flexibility.

You are slightly below target for your sport and skill level. This means that training for flexibility should be incorporated into your weekly training program

STRENGTH

8

TARGET 7

Strength is the ability to overcome resistance through a constant effort. The more strength an athlete has, the larger force they can create. Any sport that depends on pushing, pulling, or explosive force needs strength to create the athletic movement. The Strength/Endurance tests consists of an upper body and a lower body test to measure overall strength. Your score is combination of both tests.

Congratulations, you are above target for your sport and skill level. While additional training for strength will put you ahead of your competition, please talk to your performance coach about how often to train in this skill.

EXPLOSION

6

TARGET 8

Explosion (Power) is the ability to create maximum force quickly. Jumping, throwing, and hitting all depend on explosion to create sudden force. Because all sports require full-body explosive force, The Explosion Test measures explosion while jumping and recovering in the air. Your score is not based on inches, but based on how high you can jump in relation to your own height.

You are below target for your sport and skill level. This means that training for explosion should be a key area of focus (at least once a week) for the next 8 weeks of your program.

SPEED

5

TARGET 8

Speed is the ability to move quickly in a single direction. Speed is core to all running sports, but is less important for net & court sports like volleyball, tennis, badminton, or racquetball. The 20 yard dash is one of the basic tests of speed; your score is based on your finish time.

You are significantly below target for your sport and skill level. This means that training for speed is a primary focus (1-2 times per week) for your program in the next 12 weeks.

ENDURANCE

7

TARGET 8

Muscular Endurance is the ability to use force to overcome resistance many times. All sports require athletes to make needed movements repeatedly; muscular endurance keeps the athlete from getting tired during the game. The Strength/Endurance test consists of an upper body and a lower body test to measure overall muscular endurance. Your score is a combination of both tests.

You are slightly below target for your sport and skill level. This means that training for endurance should be incorporated into your weekly training program

AGILITY

8

TARGET 6

Agility is the ability to quickly change position or direction. Agility is the core of an athlete's quickness, and is the athletic foundation for both offense and defense. The 5-10-5 Pro Agility test is the universal baseline test for agility. Your score is based on the time taken to complete the course.

You are well above your target for your sport and skill level. Please talk to your performance coach about how often endurance should be incorporated into your training.

REACTION

7

TARGET 7

Reaction is the time difference between seeing an event and responding to the event. Although a portion of reaction time is a natural ability, all athletes can improve their reactive abilities though learning the keys of focus, attention, cue recognition, and motivation. The reaction test score is a benchmark of how efficiently you utilize these keys.

You are currently on target for your sport and skill level for endurance. Keeping this skill as a regular part of your training routine will help you keep progressing toward higher goals.