

FALL ATHLETE PROGRAM - 4PM SESSION
AUGUST 19TH - NOVEMBER 9TH (12 WEEKS)
PERFORMANCE TESTING ONLY

Name	Weight	Standing VJ	Approach VJ	10 Yrd Dash	Pro-Agility
Garrett G.	142, 129	22.5, 20.5	28.5, 24.5	1.53, 1.64	4.09, 4.59
	146	25.5	31	1.57	4.03
Keyan M.	151	16.5	20.5	1.81	4.66
	161	22	26	1.63	4.44
Griffin B.	174	20	22.5	1.69	4.66
	180	23	28.5	1.69	4.47
Austin W.	189, 181.5	26, 21	28.5, 26	1.6, 1.64	4.81, 5.03
	193	26.5	31.5	DNT	4.53
Harley S.	154, 145	25, 24	32, 32	1.56, 1.62	4.22, 4.47
	160	28	34	DNT	DNT
Hailee L.	X	18	21	1.79	5.50
	X	21	26	DNT	DNT
Nick S.	166	23	28	1.62	4.40
	161	27	32	1.53	4.22
Katie W.	X	12	14.5	2.03	5.50
	X	15.5	18	DNT	DNT

NOTES:

DNT = DID NOT TEST, X = MEASUREMENT NOT INCLUDED

ALL IMPROVED SIGNIFICANTLY IN STRENGTH/POWER EXERCISES, AND EATING HABITS

RED: ATHLETES PERFORMANCE TESTING WHEN BEGINNING PRO-FIT DURING SUMMER SESSION ON JUNE 4, 2012

MEASUREMENTS UTILIZED IN PERFORMANCE TESTING:

STANDING VERTICAL JUMP - ATHLETE'S MEASURE OF POWER FROM A 2-LEGGED STANCE POSITION

EX. BASKETBALL REBOUND OR DUNK, VOLLEYBALL BLOCK, SOCCER HEADER, JUMPING UP TO CATCH A BALL

APPROACH OF VERTICAL JUMP - ATHLETE'S MEASURE OF POWER TRANSFERRED WHEN UTILIZING A STEP (OR APPROACH)

EX. BASKETBALL LAY-UP OR DUNK, VOLLEYBALL SPIKE, SOCCER HEADER, JUMPING UP TO CATCH A BALL

10 YARD DASH - ATHLETE'S ABILITY TO DISPLAY QUICKNESS AND STRENGTH IN FIRST STEP

EX. VOLLEYBALL/BASKETBALL/SOCCER/FOOTBALL - GETTING AROUND A DEFENDER OR TO A BALL

40 YARD - ATHLETE'S ABILITY TO ACCELERATE/INCREASE SPEED QUICKLY

EX. BASKETBALL/SOCCER/FOOTBALL - BREAKING AWAY OR DISTANCING YOURSELF FARTHER FROM COMPETITION TO SCORE

PRO-AGILITY - ATHLETE'S ABILITY TO CHANGE DIRECTIONS QUICKLY

**EX. BASKETBALL/SOCCER DEFENSE, FOOTBALL/SOCCER TO GET TO OR AWAY FROM COMPETITION,
VOLLEYBALL - ABILITY TO GET INTO A GOOD OR FAVORABLE POSITION QUICKLY**

Pro-FIT Gym

216 East 9th Street Coralville IA

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WINTER ATHLETE PROGRAM: NOVEMBER 26TH - FEBRUARY 22ND



