

**SUMMER ATHLETE CAMP MORNING SESSION**  
**JUNE 4TH - JULY 27TH (8 WEEKS)**  
**PERFORMANCE TESTING ONLY**

Name	Weight	Body Fat %	Standing VJ	Approach VJ	10 Yrd Dash	40 Yrd Dash	Pro-Agility
<b>Anthony B.</b>	196.2	13.1	26 30	36 36	1.75 1.65	4.69 4.75	4.41 4.78
	195.2	11.9	29 31	35 36	1.50 1.41	4.59 4.65	4.13 4.09
<b>Mondo W.</b>	148	5.3	24 25.5	31 33	1.57 1.52	4.42 4.38	4.34 4.44
	157	5.6	29 30.5	36 37	1.53 1.44	4.47 4.34	4.09 4.32
<b>Austin W.</b>	181.5	DNT	21 22	26 26	1.76 1.64	5.19	5.03 4.81
	189	4.3	25 26	28.5 x	1.75 1.60	4.94	DNT
<b>Harley S.</b>	145	DNT	22.5 24	28 32	1.61 1.62	4.99 5.02	4.68 4.47
	154	5.3	24 25	31 32	1.56 1.59	4.90 4.91	4.44 4.22
<b>Allison F.</b>	X	X	17 17	18.5 19.5	1.75 1.84	5.53 5.65	5.09 5.16
	X	X	19 20	21.5 21.5	1.70 1.59	5.35 5.50	4.92 4.87
<b>Nash S.</b>	217	15	20 22.5	24.5 26.5	1.63 1.66	4.78 4.97	4.66 4.78
	213	15	23.5 24.5	29 31.5	1.44 1.57	4.75 4.72	4.00 4.06
<b>Tara L.</b>	X	X	12 12	14.5 15.5	1.85 1.84	5.7 5.76	5.38 5.40
	X	X	14 14	15.5 15.5	1.69 1.72	5.43 5.63	5.00 4.72
<b>Garrett G.</b>	129	DNT	18 20.5	24.5 26.5	1.86 1.64	5.07 5.09	4.60 4.59
	138	4.4	22 22.5	25.5 28.5	1.66 1.53	4.97 4.84	4.25 4.09

**NOTES:**

DNT = DID NOT TEST, X = MEASUREMENT NOT INCLUDED

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

**6 ATHLETES WERE NOT INCLUDED IN LIST AS THEY WERE NOT PRESENT FOR POST TESTING DUE TO CAMPS, VACATION, OTHER OBLIGATIONS**

## **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

Located in Diamond Dreams, Near Marriott

319.269.5360

**CALL TODAY! CAMPS FILL UP FAST!!!**

**FALL ATHLETE CAMP: AUGUST 20TH - NOVEMBER 20TH**