UTILIZING TESTING AS A PATHWAY TO IMPROVE JUMPERS

SEAN BRADY JUMPS / MULTIS COACH TEXAS A&M

PERFORMANCE TESTS & EVALUATION

- Performance Test- measures how the athlete performs a simple task specific to the event
- Assessment- Tool to evaluate and educate the athlete
- Performance in competition is the ultimate Test

PERFORMANCE EVALUATION TESTS FOR JUMPERS

- Over Head Squat Assessment (Possible Muscle Imbalances)
- Pentathlon (Explosive Strength, Acceleration, Power)
- DXA (Lean, Fat, Fat%)
- Force Plates (Power, Symmetry)
- Hydration (Level)
- Vertical (Explosive Strength, Power)
- Hang Clean (Max Strength)

PERFORMANCE TESTING HELP ANSWER QUESTIONS FOR COACH AND ATHLETE

- Who are you today?
- Where do you want to go?
- How motivated are you to get there?

WHAT DO YOU SEEK?

- Information establishes baseline measurable data
- Strengths and weakness
- How you stack up (Normative Data)
- Introduces competition in the fall or off season
- Motivates
- Accountability
- Builds Team Culture

MAKE TESTING CHOICES MEANINGFUL

- Rationale - is it valid and measure what you want
- Reliable - easily replicated, same environment
- Measurable - Objective or Subjective
- Effective - one factor per test
- Simple - no technical competence

MULTIS / JUMPS GROUP

- Training Group (21) Genders Females 10 Males 11
- Training Ages vary greatly
- Ability Levels 5 national level females 9 Conference level 7 developmental
- 2 multis 8 pole vaulters 5 horizontal 6 high jumpers

OVERHEAD SQUAT ASSESSMENT

OVER HEAD SQUAT ASSESSMENT
NASM (NATIONAL ACADEMY OF SPORTS MEDICINE)

NAME: _____ GROUP: _____

Overhead Squat Test

Checklist:

Feet Flatten?	Both	Right Only	Left Only	No
Feet Turn Out?	Both	Right Only	Left Only	No
Knees Go In?	Both	Right Only	Left Only	No
Knees Go Out?	Both	Right Only	Left Only	No
Chest Drops?	Yes	No		
Arms Drop?	Both	Right Only	Left Only	No
Weight Shift?	To Right	To Left	No	

NAME: _____ GROUP: _____

Overhead Squat Test

Checklist:

Feet Flatten?	Both	Right Only	Left Only	No
Feet Turn Out?	Both	Right Only	Left Only	No
Knees Go In?	Both	Right Only	Left Only	No
Knees Go Out?	Both	Right Only	Left Only	No
Chest Drops?	Yes	No		
Arms Drop?	Both	Right Only	Left Only	No
Weight Shift?	To Right	To Left	No	

NAME: _____ GROUP: _____

Overhead Squat Test

Checklist:

Feet Flatten?	Both	Right Only	Left Only	No
Feet Turn Out?	Both	Right Only	Left Only	No
Knees Go In?	Both	Right Only	Left Only	No
Knees Go Out?	Both	Right Only	Left Only	No
Chest Drops?	Yes	No		
Arms Drop?	Both	Right Only	Left Only	No
Weight Shift?	To Right	To Left	No	

NAME: _____ GROUP: _____

Overhead Squat Test

Checklist:

Feet Flatten?	Both	Right Only	Left Only	No
Feet Turn Out?	Both	Right Only	Left Only	No
Knees Go In?	Both	Right Only	Left Only	No
Knees Go Out?	Both	Right Only	Left Only	No
Chest Drops?	Yes	No		
Arms Drop?	Both	Right Only	Left Only	No
Weight Shift?	To Right	To Left	No	

NASM
NATIONAL ACADEMY OF SPORTS MEDICINE

Overhead Squat Solutions Table • CES | www.nasm.org | 800.460.6276

View	Checkpoint	Compensation	Probable Overactive Muscles	Probable Underactive Muscles	Example Flexibility Exercise (SMR & Static)	Example Strengthening Exercise
Anterior	Foot	Foot Turns Out	Soleus Lat. Gastrocnemius Bicep Femoris (short head) Tensor Fascia Latae	Med. Gastrocnemius Med. Hamstring Gluteus Medius/Maximus Gracilis Popliteus	Calf Stretch Hamstring Stretch Standing TFL Stretch	Single-leg Balance Reach
	Knee	Moves Inward	Adductor Complex Bicep Femoris (short head) Tensor Fascia Latae Vastus Lateralis Lat. Gastrocnemius	Gluteus Medius/Maximus Vastus Medialis Oblique (VMO) Med. Hamstring Med. Gastrocnemius	Adductor Stretch Hamstring Stretch TFL Stretch Calf Stretch	Lateral Tube Walking Ball Squat w/Abduction Ball Bridge w/Abduction
		Moves Outward	Piriformis, Biceps Femoris Tensor Fascia Latae Gluteus Minimus/ Medius	Adductor Complex Med. Hamstring Gluteus Maximus	Piriformis Stretch, Hamstring Stretch TFL Stretch	Ball Squat w/Adduction Ball Bridge w/Adduction
Lateral	L-P-H-C	Excessive Forward Lean	Soleus Gastrocnemius Hip Flexor Complex Abdominal Complex (rectus abdominus, external oblique)	Anterior Tibialis Gluteus Maximus Erector Spinae	Calf Stretch Hip Flexor Stretch Ball Abdominal Stretch	Ball Squat
		Low Back Arches	Hip Flexor Complex Erector Spinae Latissimus Dorsi	Gluteus Maximus Hamstrings Intrinsic Core Stabilizers (transverse abdominis, multifidus, internal oblique, transversospinalis, pelvic floor muscles)	Hip Flexor Stretch Latissimus Dorsi Stretch Erector Spinae Stretch	Ball Squat Floor Bridge Ball Bridge
		Low Back Rounds	Hamstrings Adductor Magnus Rectus Abdominus External Obliques	Gluteus Maximus Erector Spinae Intrinsic Core Stabilizers (transverse abdominis, multifidus, internal oblique, pelvic floor muscles, transversospinalis)	Hamstring Stretch Adductor Magnus Stretch Ball Abdominal Stretch	Floor Cobra Ball Cobra Ball Back Extension
	Upper Body	Arms Fall Forward	Latissumus Dorsi Pectoralis Major/ Minor Teres Major Coracobrachialis	Mid/Lower Trapezius Rhomboids Rotator Cuff Posterior Deltoid	Latissumus Dorsi Stretch Pec Stretch SMR Thoracic Spine	Floor Cobra Ball Cobra Squat to Row
		Forward Head (pushing/pulling assessment)	Levator Scapula Sternocleidomastoid Scalenes	Deep Cervical Flexors	Levator Scapula Stretch Sternocleidomastoid Stretch Scalene Stretch	Tuck chin, keeping head in neutral position during all exercises
		Shoulder Elevation (pushing/pulling assessment)	Upper Trapezius Sternocleidomastoid Levator Scapulae	Mid/lower Trapezius Rhomboids Rotator Cuff	Upper Trapezius Stretch Sternocleidomastoid Stretch Levator Scapulae Stretch	Floor Cobra Ball Cobra
Posterior	Foot	Foot Flattens	Peroneals Lat. Gastrocnemius Bicep Femoris (short head) Tensor Fascia Latae	Anterior Tibialis Posterior Tibialis Med. Gastrocnemius Gluteus Medius	Peroneal Stretch Calf Stretch Hamstring Stretch Standing TFL Stretch	Single-Leg Balance Reach Single-leg Medial Calf Raise
		Heel Rises	Soleus	Anterior Tibialis	Soleus Stretch	Single-leg Balance Reach Single-leg Squat
	L-P-H-C	Asymmetrical Weight Shift	Adductor Complex Tensor Fascia Latae (same side) Piriformis Bicep Femoris Gluteus Medius (opposite side)	Gluteus Medius (same side) Adductor Complex (opposite side)	Adductor Stretch (same side) Tensor Fascia Latae Stretch Piriformis Stretch Hamstring Stretch (opposite side)	Gluteus Medius (same side) Adductor Complex (opposite side)

DUEL ENERGY X-RAY ABSORPTIOMETRY

- Weight
- Bone mineral density
- Fat
- Other fat free mass that isn’t bone (muscle)

DEXA

Track & Field 2021-2022 DXA Report

	Track DXA Nov. 2020				Track DXA Sept. 2021				Track DXA Nov. 2021				Difference- Last two scans			
	Weight	Lean	Fat	% Fat	Weight	Lean	Fat	% Fat	Weight	Lean	Fat	% Fat	Weight	Lean	Fat	% Fat
					129.2	97.5	25.7	19.9%	137	100.8	30.1	22%	7.8	3.3	4.4	2.1%
	136.2	112.7	17.3	12.7%	133.5	107.6	19.3	14.5%	134.4	112.1	16.1	12.0%	0.9	4.5	-3.2	-2.5%
	147.8	110.0	31.5	21.3%	145.9	110.7	28.8	19.7%	143.7	109.2	28.0	19.5%	-2.2	-1.5	-0.8	-0.2%
	131.0	104.6	19.5	14.9%	128.0	102.3	18.5	14.5%	134.4	107.6	19.7	14.7%	6.4	5.3	1.2	0.2%
	120.5	89.7	25.1	20.8%	121.9	90.1	26.1	21.4%	123.0	92.3	25.0	20.3%	1.1	2.2	-1.1	-1.1%
	138.2	114.1	16.5	11.9%	134.5	109.8	17.2	12.8%	138.4	112.5	18.1	13.1%	3.9	2.7	0.9	0.3%
									139.2	106.0	26.5	19.0%				
					145.1	99.6	40.2	27.7%	146.1	103.4	37.3	25.6%	1.0	3.8	-2.9	-2.1%
	136.5	107.9	21.7	15.9%	136.9	106.5	23.3	17.0%	140.7	110.7	23.0	16.3%	3.8	4.2	-0.3	-0.7%
	155.4	135.2	13.0	8.4%	155.2	134.7	13.2	8.5%	158.0	136.9	13.7	8.7%	2.8	2.2	0.5	0.2%
	164.9	134.6	22.3	13.6%	165.1	134.0	23.1	14.0%	165.8	134.4	23.3	14.1%	0.7	0.4	0.2	0.1%
	156.9	129.6	19.9	12.7%	153.7	123.9	22.5	14.6%	156.6	129.4	19.9	12.7%	2.9	5.5	-2.6	-1.9%
					173.1	141.2	23.5	13.6%	171.1	140.7	22.0	12.9%	-2.0	-0.5	-1.5	-0.7%
					169.9	142.3	19.3	11.4%	173.4	146.0	19.0	11.0%	3.5	3.7	-0.3	-0.4%
					168.3	144.1	16.2	9.6%	171.6	144.8	18.8	10.9%	3.3	0.7	2.6	1.3%
					177.2	150.1	18.8	10.6%	174.3	145.5	20.4	11.7%	-2.9	-4.6	1.6	1.1%
	164.4	141.8	14.6	8.9%	165.3	141.9	15.5	9.4%	167.3	144.2	15.1	9.0%	2.0	2.3	-0.4	-0.4%
					177.3	132.8	37.4	21.1%	188.3	137.5	43.6	23.2%	11.0	4.7	6.2	2.1%
					167.1	146.5	12.3	7.4%	169.6	147.7	13.6	8.0%	2.5	1.2	1.3	0.6%

Color Key	
	Increased Lean, Decreased Fat & % Fat
	Decreased Lean, Increased Fat & % Fat

VERTICAL JUMP TEST

- Lower body power
- Traditional Power test
- Easy to find Norms
- Athletes enjoy
- Some coaches believe that it is the #1 indicator of athletic ability

VERTICAL JUMP HEIGHT / PULL UPS

	Avg Jump 9/20	Avg Jump 10/18	Avg Jump 11/17	Pullups 9/20	Pullups 10/18	Pullups 11/17
	23.5	25.7	25.8	10	13	15
	31.9	32.8	32.4	14	18	22
	25.6	25.4	25	10	12	11
	36.4	38.7	37.4	24	22	22
	29.7	30.4	30	13	12	15
	28.8	27.7	27.6	19	20	22
	28.8	30.7	31.1	3	5	4
	28	28	27.8	8	10	10
		30.4	32.2			
	30.9	31.7	31.7	14	15	16
	31	29.1	31.6	9	5	10
	30	31.9	30.9	5	7	8
	20.9	21.7	20.9	0	0	0
	36.6	36.9	37.4	17	15	15
	40.5		37.8			21
	25.4	26.4	26.6	8	10	12
	32.9	32.9	30.9	19	17	17
	32.5	33.8		21	25	
		32.6				
	27.3	26.3	27.6	13	13	12
	33.7	32.2	31.9	20	21	17
	35.2	37.3	37.8		19	

VERTICAL/ PULL-UPS

PENTATHLON

- OHB
- BLF
- SLJ
- STJ
- 30m

PENTATHLON SCORING TABLE

STJ	SLU	30m	OHB/BLF	
STJ	**SLU**	**30m**	**OHB/BLF**	
10.98	3.72	3.66	20.8	100
10.92	3.69	3.7	20.68	99
10.86	3.66	3.73	20.56	98
10.8	3.63	3.76	20.44	97
10.74	3.6	3.8	20.32	96
10.68	3.58	3.82	20.2	95
10.62	3.56	3.84	20.08	94
10.56	3.54	3.86	19.96	93
10.5	3.52	3.88	19.84	92
10.44	3.5	3.9	19.72	91
10.38	3.48	3.92	19.6	90
10.32	3.46	3.94	19.48	89
10.26	3.44	3.96	19.36	88
10.2	3.42	3.98	19.24	87
10.14	3.4	4	19.12	86
10.08	3.38	4.01	19	85

HISTORICAL DATA

2022 Roster Pentathlon History

Female

	STJ		SLJ		30M		BLF		OHB		TOTAL
0	6.29	21	2.20	26	4.59	46	11.39	27	12.20	32	152
2	8.45	57	2.75	53	4.23	70	14.78	49	13.04	38	267
3	8.62	60	2.77	54	4.18	73	13.88	43	13.92	44	274
4	8.56	59	2.80	56	4.23	70	12.86	37	15.12	52	274
0	7.05	34	2.32	32	4.58	47	11.90	30	14.81	50	193
1	7.31	38	2.35	33	4.55	49	12.36	33	14.30	46	199
2	7.35	39	2.23	27	4.48	54	12.65	35	14.94	51	206
3	7.31	38	2.50	40	4.55	49	13.42	40	15.00	51	218
1	7.67	44	2.65	48	4.49	53	12.90	37	13.36	40	222
2	8.07	51	2.73	52	4.43	58	13.09	38	12.74	36	235
0	7.14	36	2.45	38	4.39	60	11.46	27	10.95	24	185
1	6.83	30	2.44	38	4.44	57	11.34	26	10.89	23	174
2	7.03	34	2.45	38	4.49	53	11.31	26	12.59	35	186
0	8.09	51	2.65	48	4.25	69	13.65	42	13.62	42	252
2	8.37	56	2.66	48	4.13	77	15.22	53	16.53	64	298
3	8.39	56	2.67	49	4.24	69	15.72	57	17.11	69	300
4	8.29	55	2.82	56	4.13	77	14.86	50	17.42	71	309
0	7.69	45	2.62	46	4.43	58	11.82	30	15.02	51	230
2	6.50	25	2.27	29	5.13	11	11.28	26	11.93	30	121
0	6.85	31	2.37	34	4.66	41	10.77	23	10.95	24	153
3	8.81	63	2.89	60	4.11	78	14.27	46	15.53	56	303
4	8.96	66	2.83	57	4.09	79	14.54	48	15.70	57	307

PENT RECORDS TAMU

Texas A&M University Intrasquad Pentathlon Records
WOMEN

All Time Bests for Undrclassmen

30:	4.01	Jennifer Madu	2014
SLJ:	2.94	Quay Moen-Davis	2014
STJ:	8.96	Zhane Smith	2022
OHB:	21.39	Brea Garrett	2015
BLF:	19.68	Brea Garrett	2015
Points:	372	Brea Garrett	2015

Events Records by Year out of High School

30

1st:	4.09	Jennifer Madu	2013
2nd	4.01	Jennifer Madu	2014
3rd	4.03	Olivia Ekpone'	2014
4th	4.10	Rachel Hall	2022
5th	4.09	Zhane Smith	2022
PG:	4.16	Muna Lee	2009

SLJ

1st:	2.83	Jennifer Madu	2013
2nd	2.90	Amber Ivy	2018
3rd	2.94	Quay Moen-Davis	2014
4th	2.90	Crystal McBrady	2006
5th	2.83	Zhane Smith	2022
PG:	2.76	Kasey Onwuchekwa	2008

STJ

1st:	8.48	Jennifer Madu	2013
2nd	8.63	Amber Ivy	2018
3rd	8.67	Jennifer Madu	2015
4th	8.81	Zhane Smith	2021
5th	8.96	Zhane Smith	2022
PG:	8.30	Annie Kunz	2017

OHB

1st:	17.64	Jaevin Reed	2017
2nd	18.93	Brea Garrett	2013
3rd	20.71	Brea Garrett	2014
4th	21.39	Brea Garrett	2015
5th	17.82	Jaevin Reed	2021
PG:	19.90	Kasey Onwuchekwa	2008

BLF

1st:	16.32	Brea Garrett	2012
2nd	17.03	Jaevin Reed	2018
3rd	18.35	Brea Garrett	2014
4th	19.68	Brea Garrett	2015
5th	16.21	Annie Kunz	2016
PG:	16.23	Annie Kunz	2017

Total Points

1st:	304	Jennifer Madu	2013
2nd	318	Brea Garrett	2013
3rd	350	Brea Garrett	2014
4th	372	Brea Garrett	2015
5th	309	Tyra Gittens	2022
PG:	286	Kasey Onwuchekwa	2008

Event Group Records by Event

Throwers

30:	4.24	Brea Garrett	2012
SLJ:	2.91	Brea Garrett	2014
STJ:	8.49	Brea Garrett	2015
OHB:	21.39	Brea Garrett	2015
BLF:	19.68	Brea Garrett	2015
Points:	372	Brea Garrett	2015

Jumpers

30:	4.09	Zhane Smith	2022
SLJ:	2.94	Quay Moen-Davis	2014
STJ:	8.96	Zhane Smith	2022
OHB:	18.46	Quay Moen-Davis	2014
BLF:	16.21	Annie Kunz	2016
Points:	325	Quay Moen-Davis	2014

Sprinters

30:	4.01	Jennifer Madu	2014
SLJ:	2.90	Amber Ivy	2018
STJ:	8.76	Jennifer Madu	2016
OHB:	18.38	Jaevin Reed	2022
BLF:	17.03	Jaevin Reed	2018
Points:	314	Jennifer Madu	2014

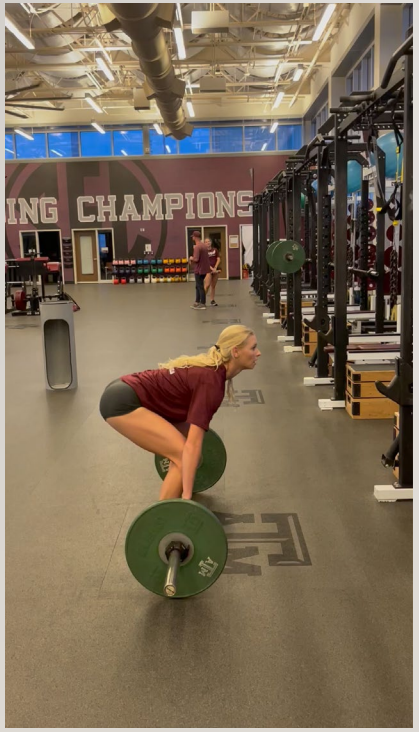
30M ACCELERATION: THE FOUNDATION FOR JUMPERS

Gender	Excellent	Above Average	Average	Gonna Be Hard	Not Gonna Happen
Male	<4.0 secs	4.0 – 4.1 secs	4.2 – 4.3 secs	4.4 – 4.5secs	> 4.5 secs
Female	<4.2 secs	4.2- 4.3 secs	4.3 – 4.4 secs	4.5 – 4.7 secs	> 4.75 secs

POWER CLEAN 2 REP MAX

	2 RM	Est. 1 RM	BW	BW KG	Relative	Previous Relative
	65x1	67	129	58.64	1.14	1.11
	DNP		133	60.45		
	63x2	67	143	65	1.03	0.97
	90x2	95	154	70	1.36	1.26
	90x2	95	162	73.64	1.29	1.16
	DNP		154	70		
	53x1	55	128	58.18	0.95	0.95
	55x2	58	122	55.45	1.05	0.96
			134	60.91		
	100x2	106	157	71.36	1.49	1.46
	95x1	98	172	78.18	1.25	1.27
	60x2	65	136	61.82	1.05	0.97
	55x2	58	146	66.36	0.87	0.83
	113x2	119	170	77.27	1.54	1.49
	105x2	115	170	77.27	1.48	
	63x2	66	145	65.91	1.00	1
	DNP		173	78.64		
	DNP		165	75		
			136	61.82		
	100x2	105	177	80.45	1.30	1.22
	88x2	93	167	75.91	1.22	1.1
		115	157	71.36	1.61	1.63
				0		

HANG OR POWER CLEAN



COUNTERMOVEMENT JUMP (CMJ)

- The countermovement jump (CMJ) valid, and reliable measure of lower-body power
- Studies-show strong relationships max speed, max strength, explosive strength
- Jump Height
- Peak Power (W-kg)
- Concentric peak velocity (m/s) how fast are they reacting
- Lower limb asymmetry

COUNTER MOVEMENT JUMP / DROP JUMP

FORCE PLATFORMS

Brady: Force Plate Testing - CMJ-HOH Fall Post 2021

Jump Height (Imp. Mom.) [in]			Peak Power [W]			RSI-modified [m/s]			Concentric Peak Velocity [m/s]			Contraction Time [ms]			Squat Depth [cm]			Takeoff Peak Force Asymmetry [% L,R]		
Fall Pre 2021	Fall Mid 2021	**Fall Post 2021**	Fall Pre 2021	Fall Mid 2021	**Fall Post 2021**	Fall Pre 2021	Fall Mid 2021	**Fall Post 2021**	Fall Pre 2021	Fall Mid 2021	**Fall Post 2021**	Fall Pre 2021	Fall Mid 2021	**Fall Post 2021**	Fall Pre 2021	Fall Mid 2021	**Fall Post 2021**	Fall Pre 2021	Fall Mid 2021	**Fall Post 2021**
11.8	11.4	12.7	3080	2855	3121	0.68	0.57	0.60	2.53	2.49	2.61	517	628	615	-23.3	-32.3	-28.2	-5.3	-7.1	-6.5
18.2	16.8	18.8	3916	3852	4272	0.76	0.64	0.87	3.11	2.99	3.15	711	779	626	-33.3	-32.5	-29.3	-1.5	-4.1	7.2
14.6	14.4	14.3	3506	3501	3441	0.47	0.45	0.48	2.80	2.77	2.76	837	853	826	-34.0	-35.4	-33.8	-6.7	-5.5	-8.5
16.4	16.2	17.2	3314	3522	3636	0.53	0.58	0.66	2.95	2.93	3.02	886	803	741	-42.0	-36.1	-35.5	6.2	9.0	11.4
15.0	15.7	14.7	3047	3136	3006	0.56	0.51	0.56	2.84	2.89	2.81	752	835	769	-31.0	-32.3	-37.4	18.5	20.7	18.1
16.6	16.8	17.6	4109	3811	4020	0.63	0.60	0.72	2.99	2.99	3.06	723	783	691	-26.7	-32.4	-32.6	4.1	12.0	7.7
10.9	10.9	11.1	3002	3204	3457	0.46	0.43	0.44	2.47	2.48	2.52	679	754	743	-26.9	-31.1	-29.9	1.8	2.8	2.7
13.3	13.7	14.0	3367	3499	3744	0.59	0.62	0.73	2.66	2.70	2.72	593	594	549	-25.9	-27.5	-24.0	5.7	3.0	4.9
14.6	**14.5**	**15.1**	**3418**	**3422**	**3587**	**0.58**	**0.55**	**0.63**	**2.79**	**2.78**	**2.83**	**712**	**753**	**695**	**-30.4**	**-32.5**	**-31.3**	**6.2**	**8.0**	**8.4**
17.9			3853			0.67			3.07			729			-33.1			10.6		

Jump Height (Imp. Mom.) [in]			Peak Power [W]			RSI-modified [m/s]			Concentric Peak Velocity [m/s]			Contraction Time [ms]			Squat Depth [cm]			Takeoff Peak Force Asymmetry [% L,R]		
Fall Pre 2021	Fall Mid 2021	**Fall Post 2021**	Fall Pre 2021	Fall Mid 2021	**Fall Post 2021**	Fall Pre 2021	Fall Mid 2021	**Fall Post 2021**	Fall Pre 2021	Fall Mid 2021	**Fall Post 2021**	Fall Pre 2021	Fall Mid 2021	**Fall Post 2021**	Fall Pre 2021	Fall Mid 2021	**Fall Post 2021**	Fall Pre 2021	Fall Mid 2021	**Fall Post 2021**
19.5	18.9	19.1	4423	4166	4286	0.79	0.76	0.79	3.23	3.19	3.19	711	732	722	-36.1	-40.6	-39.7	5.0	7.1	5.8
16.3	16.8	17.0	4092	4297	4136	0.72	0.70	0.67	2.96	3.02	3.05	661	705	755	-31.5	-31.1	-38.1	-3.2	-3.8	-7.2
16.5	16.3	17.1	3996	4217	4312	0.55	0.65	0.64	3.00	2.96	3.03	853	703	756	-41.9	-33.5	-38.0	2.7	-3.5	-8.3
18.7	19.5	20.4	4474	5132	4969	0.73	0.77	0.75	3.13	3.20	3.29	669	654	741	-34.7	-28.8	-41.9	-5.8	-5.2	-5.5
16.1	15.5	15.6	4962	4954	4864	0.68	0.64	0.55	2.96	2.90	2.93	737	717	835	-33.4	-29.7	-29.5	-8.1	-3.6	-3.3
21.6	21.4	21.5	5662	5710	5624	0.81	0.80	0.84	3.38	3.36	3.37	733	741	718	-36.6	-41.2	-41.1	10.9	9.4	9.9
23.4	22.7	22.5	6002	6116	6028	0.84	0.83	0.84	3.51	3.45	3.44	778	737	719	-36.4	-36.0	-35.5	-10.1	-7.3	-15.5
19.2	18.6	19.1	4958	5094	4836	0.61	0.57	0.60	3.22	3.17	3.22	820	843	822	-44.0	-46.3	-51.1	-4.0	-1.2	1.8
19.3	19.7		4915	4965		0.71	0.75		3.20	3.24		711	703		-34.7	-35.2		13.2	16.2	
20.1	18.5		4785	4661		0.70	0.68		3.28	3.15		815	794		-49.5	-47.4		-1.1	-11.4	
15.9	16.5	17.8	4505	4616	4972	0.54	0.51	0.57	2.92	2.97	3.08	755	824	819	-36.3	-40.6	-40.7	3.1	-0.1	-9.0
17.8	18.5	18.0	4459	4605	4568	0.53	0.55	0.61	3.11	3.16	3.12	969	910	837	-46.5	-45.4	-42.7	-10.7	-7.3	-4.2
18.7	**18.6**	**18.8**	**4769**	**4878**	**4859**	**0.68**	**0.68**	**0.69**	**3.16**	**3.15**	**3.17**	**768**	**755**	**772**	**-38.5**	**-38.0**	**-39.8**	**6.5**	**6.3**	**5.9**
18.2			5920			0.77			3.12			702			-42.2			2.8		
	20.8			5177			0.79			3.29			726			-32.9			-0.8	

Fall Pre 2021 = Week 4 (9/20/21) Fall Mid 2021 = Week 8 (10/22/21) Fall Post 2021 = Week 12 (11/19/21)

Highest Individual Value

Lowest Individual Value

Between 10-15%

Greater than 15%

MASTER COPY OF PERFORMANCE TEST RESULTS

Last Name	First Name	Height	Weight	Body Fat %	Peak Power		30 time trial			Standing Long Jump				Standing Triple Jump				Over Head Back				Under Hand Forward				35 sec	Vert (avg.)		Pull up		PC 2 reps		Pent Score
				Change	Force Plate		Attempt 1	Attempt 2		Attempt 1	Attempt 2	Attempt 3		Attempt 1	Attempt 2	Attempt 3		Attempt 1	Attempt 2	Attempt 3		Attempt 1	Attempt 2	Attempt 3		meters	Avg of 3		30 sec.				
			132	3.6	3420	4	4.50	4.22		2.62	2.58	2.72	2	8.02	8.28	8.31	2	13.79	14.37	13.72		13.41	12.07	13.84		256	30	1	15	1	60		
			135	1.8	2834	9	4.72	4.55		2.27	2.3	2.2	9	6.91	6.99	6.59	8	14.47	15.35	14.51		13.21	12.92	13.11		290.5	22.2	10	3	6	57.5		
			123		3179	7				2.54	2.53	2.42	5	7.48	7.71	7.49	5	12.72	13.71	13.48		11.89	11.98	11.9			28.2	3			60		
			148	3.6	3312	6	4.74	4.96		2.09	2.17	2.16	10	6.04	6.16	6	11	11.46	11.63	12		10.91	10.68	10.56		222.5	20.9	12	7	4	50		
			130	0.09	2752	10	4.37	4.38		2.4	2.44	2.41	6	7.56	7.53	7.69	6	11.56	12.28	12.94		12.08	12.37	12.39		246.8	27.2	4			47.5		
			122	2.9	2618	12	4.38	4.67		2.36	2.39	2.33	7	6.88	6.98	7.03	7	10.78	10.65	10.31		11.18	11.15	10.96		245.5	25.6	6	5	5	47.5		
			138	2.2	3565	3	4.27	4.33		2.52	2.64	2.58	3	7.91	7.75	8.24	3	9.14	16.27	16.84		15.52	15.78	15.35		318	29.9	2	12	2	65		
			136	1.8	2910	8	4.60	4.88		2.08	2.11	2.08	11	6.24	6.41	6.38	10	11.73	11.05	10.73		10.43	10.15	10.32		233.9	21.5	11	10	3	50		
			143	1.9	3318	5	4.37	4.62		2.25	2.34	2.35	8	6.54	6.57	6.84	9	12.64	13.08	13.89		11.93	12.44	12.02		247.6	23.6	8			60		
			121	1.1	2619	11																					23.3	9			60		
			134		3666	2	4.23	4.24		2.83	2.85	2.94	1	8.3	8.68	8.68	1	11.12	10.32	11.98		12.54	12.91	12.9		251.7	25.4	7	5	5	50		
			158	0.8	3870	1	4.34	4.58		2.53	2.6	2.52	4	7.87	8.17	7.93	4	13.76	13.84	14.08		12.18	11.91	14.08		241.5	27.1	5	5	5	65		
			150		4095	9	4.31	4.17		2.84	3.02	2.92	3	8.39	8.77	8.7		11.52	12.02	12.14		10.49	10.29	10.29		268	35.1	3	14	10			
			184		8195	1	3.72	4.01		3.42	3.55	3.54	1	10.53	10.31	10.2	1	14.24	14.91	15.21		13.17	14.41	14.74		289.5	45.3	1	17	5	78		
							4.05	4.07		2.7	2.77	2.77	9	8.01	8.01	8.04	9	10.83	10.89	12.02		9.76	9.63			276.3	31.03	7	21	1	92.5		
			162	1.5	3653	12	4.11	4.18		2.73	2.71	2.74	10	7.89	8.08	8.28	7	13.28	13.02	13.65		12.04	11.96	11.52		263.7	27.6	11	10	11	90		
			151	0.07	4052	11	4.15	4.38		2.6	2.51	2.49	12	7.46	7.54	7.5	11	10.75	9.72	10.47		9.94	9.75	10.29		271.9	27.7	10	19	3	55		
			154		4083	10	4.52	4.33		2.66	2.59	2.53	11	7.92	8.06	8.28	8	10.89	11.62	11.38		10.56	10.29			251.5					100		
			148		4555	4	4.12	4.02		2.78	2.74	2.73	8	7.76	7.7	8.07	10	13.18	12.54	12.2		11.81	11.14	11.24		290.3	29.9	8	19	3	75		
			149		4446	6	4.10	4.36		2.76	2.8	2.78	7	8.01	8.04	8.25	9	12.17	10.75	11.6		10.63	10.85	10.66		257	29.4	9	7	12	90		
				0.1			4.37	4.27		2.66	2.66	2.57	9	7.82	7.99	8	11	13.35	12.98	13.72		11.61	11.88	11.97		267					100		
			167	1.1	4501	5	3.99	4.04		2.9	2.82	3	2	x	8.73	9.01	2	13.42	14.08	114.31		11.53	12.73	12.73		283.6	36.3	2	17	5	70		
			172	3.3	4290	7	4.18	4.11		2.82	2.84	2.88	6	8.61	8.13	8.77	4	12.96	14.3	14		12.34	12.96	11.87		268			16	9	110		
			159	1.6	4906	2				2.9	2.92	2.88	5	8.35	8.08	8.4	6	13.46	13.86	14.04		12.8	13.09	13.2		265	32.4	6	21	1	75		
			158	1.5	4796	3	4.12	4.05		2.97	2.99	2.94	4	x	8.6	7.8	5	10.92	14.39	11.87		12.53	12.25	10.71		271.5							
			160	0.09	4263	8																					32.8	5	19	3			
							3.99	3.99		2.73	2.78	2.74	6	8.56	8.41	8.81	3	14.01	13.48	14.15		12.78	12.3	12.7		280.3	33	4	17	5	110		

HYDRATION

HYDRATION TEST

Texas A&M Track- Hydration Testing Coach Brady

	10/27	11/10	11/17	12/2																			Fall 2021 Season AVG.
	Pre-Season	Pre-Season	Pre-season	Pre-Season																			
er	70	203	103	9																			96
ah	156	207	78	5																			112
on	252	27	218	214																			178
a	14	207	95	288																			151
e	40	18	110	31																			50
lla	31	44	14																				
			103	132																			
ge	285	91	99	23																			125
n	31	83	27	18																			40
e				164																			164
r	53	57	116	53																			70
n	41	237	18	241																			134
y	168	112	132	187																			150
no	255	274	31	140																			175
ke	61	156	158	277																			163
eb	95	112	66	57																			
vis	176	57	136	49																			105
ael	87	87	140	244																			140
cer		14																					14
ell																							
na	128	233	180	210																			188
el	36	78	57	132																			76
e	110	121	99	130																			118

Under 100 Well Hydrated	100-200 Showing Signs of Dehydration	200+ Signifcantly Dehydrated

FUN TESTING AMONG ATHLETES

FUN TESTING AMONG ATHLETES

FINAL THOUGHTS ON TESTING LEADING TO IMPROVEMENT

- Consistent purposeful testing will help provide a platform for coach and athlete to have meaningful dialogue about real issues that effect performance
- Helps athletes buy in to your vision and program
- Keeps athlete and coach accountable
- Reveals strengths and weaknesses in athlete an coaching prescription
- Helps motivate athlete and coach
- Builds team culture and trust

REFERENCES

TAYYAB, M. (2019) *How to become great at coaching track and field* [WWW] Available from: https://www.brianmac.co.uk/articles/article512.htm [Accessed 7/12/2021]

MACKENZIE, B. (1997) *Performance Evaluation Tests*

MACKENZIE, B. (2005) *35m Sprint Speed Test*

Walker , Owen MSc CSCS Founder and Director of Science for Sport

Dintiman, George Predictors of Athletic Performance August 3, 2014

Markovic G, Dizdar D, Jukic I, Cardinale M. "Reliability and factorial validity of squat and countermovement jump tests". *J Strength Cond Res*. 2004; 18 (3): 551–555.