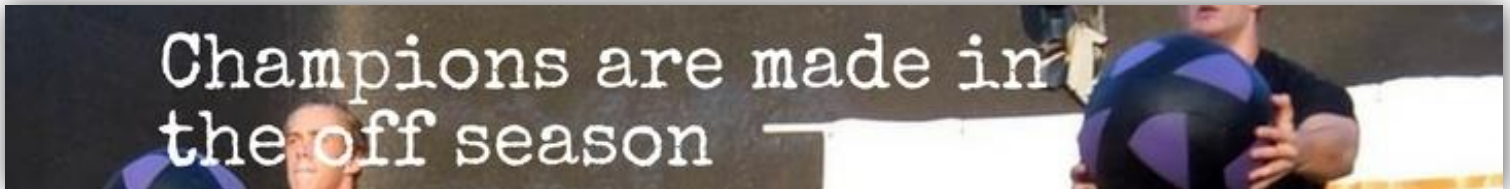




SPEED ♦ AGILITY ♦ POWER



PERFORMANCE ASSESSMENT

VIDEO ANALYSIS







WE USE FRAME-BY-FRAME VIDEO ANALYSIS TO IDENTIFY OPPORTUNITIES FOR PHYSICAL & TECHNIQUE IMPROVEMENT & TO CONFIRM PROGRESS. ATHLETES SEE THEMSELVES DOING A SPECIFIC MOVEMENT & THEN THEY CAN COMPARE TO AN ELITE ATHLETE DOING THE SAME MOVEMENT. VISUAL FEEDBACK HELPS ATHLETES LINK WHAT THEY DO PHYSICALLY WITH WHAT THEY FEEL PHYSIOLOGICALLY WHICH HELPS SHORTEN THE LEARNING CYCLE.

PERFORMANCE TESTING

WE USE BASELINE & ONGOING TESTING TO DOCUMENT PERFORMANCE LEVELS & TO TRACK PROGRESS. ATHLETES GET BASELINE MEASUREMENTS TO DOCUMENT THEIR STARTING POINT, PROGRESS MEASUREMENTS TO CONFIRM THEIR CURRENT STATUS, & COMPARISONS WITH ATHLETES OF SIMILAR AGE TO SEE WHERE THEY STAND WITH THEIR PEERS. TESTING PROVIDES QUANTITATIVE FEEDBACK WHICH HELPS ATHLETES LINK EFFORT WITH PROGRESS.



PERFORMANCE TESTING PROGRAM

PURPOSE	TEST	EXPLANATION
INJURY PREVENTION 	OVERHEAD SQUAT	DEMONSTRATES COORDINATED EXTREMITY MOBILITY & CORE STABILITY ALONG WITH ESSENTIAL HIP HINGE FLEXIBILITY. BASIC FUNDAMENTAL MOVEMENT NECESSARY TO SAFELY & EFFICIENTLY PERFORM SPORT-SPECIFIC MOVEMENTS.
SPEED 	40 YARD SPRINT	MEASURES RATE OF ACCELERATION & ABILITY TO TRANSITION INTO TOP SPEED. SPEED DISTINGUISHES COMPETITIVE PERFORMANCE LEVELS & ATHLETICISM BETWEEN ATHLETES & TEAMS IN MOST EXPLOSIVE SPORTS.
AGILITY 	5-10-5 PRO AGILITY	MEASURES ABILITY TO QUICKLY & EFFICIENTLY ACCELERATE, DECELERATE, & CHANGE DIRECTION. MOST SPORTS REQUIRE ATHLETES TO MOVE EXPLOSIVELY IN DIFFERENT DIRECTIONS DURING A CONTEST.
POWER 	MED BALL POWER TOSS	MEASURES ABILITY TO COORDINATE UPPER BODY STRENGTH, QUICKNESS, FLEXIBILITY, & RANGE OF MOTION TO PRODUCE POWER. UPPER BODY STRENGTH & POWER ARE NECESSARY FOR EXPLOSIVE SPEED & AGILITY & TO PERFORM SPORT-SPECIFIC UPPER BODY MOVEMENTS.
POWER 	STANDING BROAD JUMP	MEASURES ABILITY TO COORDINATE LOWER BODY STRENGTH, QUICKNESS, FLEXIBILITY, AND RANGE OF MOTION TO PRODUCE POWER. LOWER BODY STRENGTH AND POWER ARE NECESSARY FOR EXPLOSIVE SPEED AND AGILITY, AND TO PERFORM SPORT-SPECIFIC LOWER BODY MOVEMENTS.
FITNESS 	300 YARD SHUTTLE RUN	MEASURES ABILITY TO MAKE REPEATED ATHLETIC MOVEMENTS WHILE FATIGUED. ATHLETES NEED TO EFFICIENTLY TRANSITION FROM AEROBIC TO ANAEROBIC METABOLISM & TO DEVELOP MENTAL DISCIPLINE TO PERFORM EFFECTIVELY IN THE ANAEROBIC STATE.

FOR QUESTIONS OR MORE INFORMATION PLEASE CONTACT:

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