

Pre and Post-Test Results

Athlete: NCAA Division 1 Senior - Football (WR / Return Specialist)

Test	Pre	Post	Difference
Height	5' 9"	5' 9"	+ 0"
Weight (lbs.)	176 lbs.	184 lbs.	+ 8 lbs.
10 yd. (sec.)	1.60 sec.	1.49 sec.	- .11 sec.
40 yd. (sec.)	4.46 sec.	4.37 sec.	- .09 sec.
Vertical Jump (in.)	33.5"	38.0"	+ 4.5"
Gather Jump (in.)	37.5"	42.5"	+ 5.0"
Broad Jump (in.)	9' 5"	10' 3"	+ 10.0"
Pro Agility (sec.)	4.11 sec.	3.98 sec.	- .13 sec.
Functional Movement Screen	15	19	+ 4

*All times are (EE) electric start and laser finish.

Number of Sessions Completed: 60

Earned Scholarship: Yes



Pre and Post-Test Results

Athlete: High School Senior Male - Track (100 & 200 Sprints)

Test	Pre	Post	Difference
Height	5' 10"	5' 10"	+ 0"
Weight (lbs.)	160 lbs.	171 lbs.	+ 11 lbs.
100 m. Dash (sec.)	11.06 sec.	10.49 sec.	- .57 sec.
200 m. Dash (sec.)	22.81 sec.	21.46 sec.	- 1.35 sec.
Vertical Jump (in.)	35.1"	40.0"	+ 4.9"
Broad Jump (in.)	9' 0"	9' 7"	+ 7.0"
Functional Movement Screen	15	16	+ 1

*All times are (EE) electric start and laser finish.

Number of Sessions Completed: 40

Earned Scholarship: Yes (Division 1)



Pre and Post-Test Results

Athlete: High School Senior Female - Track (100 & 200 Sprints)

Test	Pre	Post	Difference
Height	5' 5"	5' 5"	+ 0"
Weight (lbs.)	138 lbs.	135 lbs.	- 3 lbs.
100 m. Dash (sec.)	12.93 sec.	12.16 sec.	- .77 sec.
200 m. Dash (sec.)	26.41 sec.	24.79 sec.	- 1.62 sec.
Vertical Jump (in.)	25.9"	28.8"	+ 2.9"
Functional Movement Screen	13	18	+ 5

*All times are (EE) electric start and laser finish.

Number of Sessions Completed: 45

Earned Scholarship: Yes (Division 1)



Pre and Post-Test Results

Athlete: High School Senior - Baseball

Test	Pre	Post	Difference
Height	5' 9"	5' 9"	+ 0"
Weight (lbs.)	145 lbs.	154 lbs.	+ 9 lbs.
60 yd. (sec.)	6.71 sec.	6.49 sec.	- .22 sec.
Vertical Jump (in.)	36.0"	39.0"	+ 3.0"
Broad Jump (in.)	9' 2"	9' 11"	+ 9.0"
Pro Agility (sec.)	4.21 sec.	4.04 sec.	- .17 sec.
Functional Movement Screen	13	16	+ 3

*All times are (EE) electric start and laser finish.

Number of Sessions Completed: 30

Earned Scholarship: Yes (Division 1)



Pre and Post-Test Results

Athlete: High School Junior - Volleyball

Test	Pre	Post	Difference
Height	5' 7"	5' 7"	+ 0"
Weight (lbs.)	156 lbs.	145 lbs.	- 11 lbs.
Vertical Jump (in.)	18.2"	23.0"	+ 4.8"
Approach Jump (in.)	19.5"	25.0"	+ 5.5"
Broad Jump (in.)	5' 8"	6' 10.5"	+ 14.5"
Pro Agility (sec.)	5.30 sec.	4.82 sec.	- .48 sec.
Functional Movement Screen	11	15	+ 4

*All times are (EE) electric start and laser finish.

Number of Sessions Completed: 30

Earned Scholarship: No



Pre and Post-Test Results

Athlete: NCAA Division 2 Sophomore - Football (WR)

Test	Pre	Post	Difference
Height	5' 11"	5' 11"	+ 0"
Weight (lbs.)	174 lbs.	183 lbs.	+ 9 lbs.
10 yd. (sec.)	1.78 sec.	1.66 sec.	- .12 sec.
40 yd. (sec.)	4.76 sec.	4.61 sec.	- .15 sec.
Vertical Jump (in.)	32.8"	36.6"	+ 3.8"
Broad Jump (in.)	8' 7"	9' 6"	+ 11.0"
Pro Agility (sec.)	4.72 sec.	4.31 sec.	- .41 sec.
Functional Movement Screen	14	17	+ 3

*All times are (EE) electric start and laser finish.

Number of Sessions Completed: 25

Earned Scholarship: Yes



Pre and Post-Test Results

Athlete: NCAA Division 2 - Women's Basketball

Test	Pre	Post	Difference
Height	5' 10"	5' 10"	+ 0"
Weight (lbs.)	168 lbs.	159 lbs.	- 9 lbs.
10 yd. (sec.)	2.12 sec.	1.92 sec.	- .2 sec.
Vertical Jump (in.)	16.8"	21.1"	+ 4.3"
Gather Jump (in.)	17.8"	23.0"	+ 5.2"
Broad Jump (in.)	5' 11"	6' 8"	+ 9"
Functional Movement Screen	13	16	+ 3

*All times are (EE) electric start and laser finish.

Number of Sessions Completed: 40

Earned Scholarship: Yes



Pre and Post-Test Results

Athlete: High School Sophomore - Softball

Test	Pre	Post	Difference
Height	5' 5"	5' 5"	+ 0"
Weight (lbs.)	143 lbs.	143 lbs.	+ 0 lbs.
10 yd. (sec.)	2.13 sec.	1.92 sec.	- .21 sec.
Vertical Jump (in.)	14.7"	18.8"	+ 4.1"
Approach Jump (in.)	16.9"	20.5"	+ 3.6"
Broad Jump (in.)	5' 2.5"	6' 4"	+ 13.5"
Pro Agility (sec.)	5.31 sec.	4.94 sec.	- .37 sec.
Functional Movement Screen	12	15	+ 3

*All times are (EE) electric start and laser finish.

Number of Sessions Completed: 25

Earned Scholarship: NA



Pre and Post-Test Results

Athlete: High School Senior Male - Track (Long Jump)

Test	Pre	Post	Difference
Height	6' 1"	6' 1"	+ 0"
Weight (lbs.)	169 lbs.	180 lbs.	+ 11 lbs.
10 yd. (sec.)	1.84 sec.	1.69 sec.	- .15 sec.
Vertical Jump (in.)	31"	35.2"	+ 4.2"
Single Leg Jump (in.)	21.7"	29.8"	+ 8.1"
Broad Jump (in.)	8' 7"	9' 3"	+ 8"
Long Jump (in.)	20' 6"	22' 3"	+ 1' 9"
Functional Movement Screen	12	15	+ 3

*All times are (EE) electric start and laser finish.

Number of Sessions Completed: 30

Earned Scholarship: No



Pre and Post-Test Results

Athlete: High School Freshman Male - Basketball

Test	Pre	Post	Difference
Height	5' 6"	5' 6.5"	+ .5"
Weight (lbs.)	103 lbs.	109 lbs.	+ 6 lbs.
10 yd. (sec.)	1.87 sec.	1.72 sec.	- .15 sec.
Vertical Jump (in.)	23.9"	29.2"	+ 5.3"
Gather Jump (in.)	28.5"	34.7"	+ 6.2"
Broad Jump (in.)	6' 10"	8' 2"	+ 16"
Pro Agility (sec.)	4.99 sec.	4.70 sec.	- .29 sec.
Functional Movement Screen	13	16	+ 3

*All times are (EE) electric start and laser finish.

Number of Sessions Completed: 30

Earned Scholarship: NA



Pre and Post-Test Results

Athlete: High School Senior Female - Soccer

Test	Pre	Post	Difference
Height	5' 5"	5' 5"	+ 0"
Weight (lbs.)	151 lbs.	147 lbs.	- 4 lbs.
10 yd. (sec.)	2.29 sec.	1.99 sec.	- .3 sec.
Vertical Jump (in.)	17.1"	21.2"	+ 4.1"
Gather Jump (in.)	17.5"	22.6"	+ 5.1"
Broad Jump (in.)	5' 7"	6' 2"	+ 7"
Functional Movement Screen	13	15	+ 2

*All times are (EE) electric start and laser finish.

Number of Sessions Completed: 20

Earned Scholarship: Yes (Division 2)

