# Statistical Analysis Results

## Descriptive Statistics for Entire Dataset

RSI-modified (Imp-Mom) [m/s] Descriptive Statistics:

count: 99.00

mean: 0.53

std: 0.11

min: 0.30

25%: 0.48

50%: 0.53

75%: 0.59

max: 1.12

RSI-modified (Imp-Mom) [m/s]\_Post-Practice Descriptive Statistics:

count: 99.00

mean: 0.50

std: 0.12

min: 0.26

25%: 0.41

50%: 0.51

75%: 0.55

max: 0.79

Eccentric Duration [ms] Descriptive Statistics:

count: 99.00

mean: 513.05

std: 57.15

min: 404.00

25%: 462.00

50%: 511.00

75%: 565.50

max: 618.00

Eccentric Duration [ms]\_Post-Practice Descriptive Statistics:

count: 99.00

mean: 524.72

std: 61.96

min: 404.00

25%: 482.00

50%: 527.00

75%: 567.50

max: 673.00

Jump Height (Imp-Mom) in Inches [in] Descriptive Statistics:

count: 99.00

mean: 16.04

std: 3.28

min: 9.50

25%: 14.45

50%: 16.10

75%: 17.65

max: 39.40

Jump Height (Imp-Mom) in Inches [in]\_Post-Practice Descriptive Statistics:

count: 99.00

mean: 15.19

std: 3.01

min: 8.60

25%: 13.20

50%: 15.20

75%: 17.30

max: 26.20

Eccentric Braking RFD / BM [N/s/kg] Descriptive Statistics:

count: 99.00

mean: 66.92

std: 20.08

min: 34.00

25%: 51.50

50%: 65.00

75%: 78.00

max: 128.00

Eccentric Braking RFD / BM [N/s/kg]\_Post-Practice Descriptive Statistics:

count: 99.00

mean: 59.53

std: 21.80

min: 24.00

25%: 43.50

50%: 57.00

75%: 69.00

max: 121.00

Force at Zero Velocity / BM [N/kg] Descriptive Statistics:

count: 99.00

mean: 22.31

std: 2.19

min: 17.94

25%: 20.71

50%: 22.08

75%: 23.59

max: 28.53

Force at Zero Velocity / BM [N/kg]\_Post-Practice Descriptive Statistics:

count: 99.00

mean: 21.09

std: 2.75

min: 16.24

25%: 18.96

50%: 20.86

75%: 22.71

max: 28.23

## Analysis by Position

### Position: Forward

Shapiro-Wilk RSI-modified (Imp-Mom) [m/s]: Stat=0.681, P-value=0.000

Shapiro-Wilk RSI-modified (Imp-Mom) [m/s]\_Post-Practice: Stat=0.913, P-value=0.023

Paired t-test between RSI-modified (Imp-Mom) [m/s] and RSI-modified (Imp-Mom) [m/s]\_Post-Practice: t-statistic=1.639, p-value=0.113, SWC=0.030

Shapiro-Wilk Eccentric Duration [ms]: Stat=0.924, P-value=0.043

Shapiro-Wilk Eccentric Duration [ms]\_Post-Practice: Stat=0.965, P-value=0.453

Paired t-test between Eccentric Duration [ms] and Eccentric Duration [ms]\_Post-Practice: t-statistic=0.458, p-value=0.651, SWC=12.321

Shapiro-Wilk Jump Height (Imp-Mom) in Inches [in]: Stat=0.665, P-value=0.000

Shapiro-Wilk Jump Height (Imp-Mom) in Inches [in]\_Post-Practice: Stat=0.934, P-value=0.076

Paired t-test between Jump Height (Imp-Mom) in Inches [in] and Jump Height (Imp-Mom) in Inches [in]\_Post-Practice: t-statistic=1.871, p-value=0.072, SWC=1.074

Shapiro-Wilk Eccentric Braking RFD / BM [N/s/kg]: Stat=0.952, P-value=0.223

Shapiro-Wilk Eccentric Braking RFD / BM [N/s/kg]\_Post-Practice: Stat=0.964, P-value=0.436

Paired t-test between Eccentric Braking RFD / BM [N/s/kg] and Eccentric Braking RFD / BM [N/s/kg]\_Post-Practice: t-statistic=3.021, p-value=0.005, SWC=3.190

Shapiro-Wilk Force at Zero Velocity / BM [N/kg]: Stat=0.984, P-value=0.937

Shapiro-Wilk Force at Zero Velocity / BM [N/kg]\_Post-Practice: Stat=0.963, P-value=0.411

Paired t-test between Force at Zero Velocity / BM [N/kg] and Force at Zero Velocity / BM [N/kg]\_Post-Practice: t-statistic=3.499, p-value=0.002, SWC=0.342

### Position: Guard

Shapiro-Wilk RSI-modified (Imp-Mom) [m/s]: Stat=0.973, P-value=0.135

Shapiro-Wilk RSI-modified (Imp-Mom) [m/s]\_Post-Practice: Stat=0.975, P-value=0.175

Paired t-test between RSI-modified (Imp-Mom) [m/s] and RSI-modified (Imp-Mom) [m/s]\_Post-Practice: t-statistic=3.014, p-value=0.004, SWC=0.018

Shapiro-Wilk Eccentric Duration [ms]: Stat=0.964, P-value=0.039

Shapiro-Wilk Eccentric Duration [ms]\_Post-Practice: Stat=0.984, P-value=0.513

Paired t-test between Eccentric Duration [ms] and Eccentric Duration [ms]\_Post-Practice: t-statistic=-3.291, p-value=0.002, SWC=10.934

Shapiro-Wilk Jump Height (Imp-Mom) in Inches [in]: Stat=0.979, P-value=0.296

Shapiro-Wilk Jump Height (Imp-Mom) in Inches [in]\_Post-Practice: Stat=0.933, P-value=0.001

Paired t-test between Jump Height (Imp-Mom) in Inches [in] and Jump Height (Imp-Mom) in Inches [in]\_Post-Practice: t-statistic=1.987, p-value=0.051, SWC=0.392

Shapiro-Wilk Eccentric Braking RFD / BM [N/s/kg]: Stat=0.958, P-value=0.019

Shapiro-Wilk Eccentric Braking RFD / BM [N/s/kg]\_Post-Practice: Stat=0.911, P-value=0.000

Paired t-test between Eccentric Braking RFD / BM [N/s/kg] and Eccentric Braking RFD / BM [N/s/kg]\_Post-Practice: t-statistic=3.936, p-value=0.000, SWC=4.319

Shapiro-Wilk Force at Zero Velocity / BM [N/kg]: Stat=0.973, P-value=0.136

Shapiro-Wilk Force at Zero Velocity / BM [N/kg]\_Post-Practice: Stat=0.958, P-value=0.019

Paired t-test between Force at Zero Velocity / BM [N/kg] and Force at Zero Velocity / BM [N/kg]\_Post-Practice: t-statistic=4.371, p-value=0.000, SWC=0.473

## Analysis by Date

### Date: 2023-09-19

Shapiro-Wilk RSI-modified (Imp-Mom) [m/s]: Stat=0.955, P-value=0.633

Shapiro-Wilk RSI-modified (Imp-Mom) [m/s]\_Post-Practice: Stat=0.967, P-value=0.838

Paired t-test between RSI-modified (Imp-Mom) [m/s] and RSI-modified (Imp-Mom) [m/s]\_Post-Practice: t-statistic=2.587, p-value=0.023, SWC=0.019

Shapiro-Wilk Eccentric Duration [ms]: Stat=0.972, P-value=0.905

Shapiro-Wilk Eccentric Duration [ms]\_Post-Practice: Stat=0.850, P-value=0.022

Paired t-test between Eccentric Duration [ms] and Eccentric Duration [ms]\_Post-Practice: t-statistic=-1.983, p-value=0.069, SWC=10.114

Shapiro-Wilk Jump Height (Imp-Mom) in Inches [in]: Stat=0.941, P-value=0.431

Shapiro-Wilk Jump Height (Imp-Mom) in Inches [in]\_Post-Practice: Stat=0.964, P-value=0.781

Paired t-test between Jump Height (Imp-Mom) in Inches [in] and Jump Height (Imp-Mom) in Inches [in]\_Post-Practice: t-statistic=2.574, p-value=0.023, SWC=0.422

Shapiro-Wilk Eccentric Braking RFD / BM [N/s/kg]: Stat=0.940, P-value=0.417

Shapiro-Wilk Eccentric Braking RFD / BM [N/s/kg]\_Post-Practice: Stat=0.810, P-value=0.007

Paired t-test between Eccentric Braking RFD / BM [N/s/kg] and Eccentric Braking RFD / BM [N/s/kg]\_Post-Practice: t-statistic=3.708, p-value=0.003, SWC=3.251

Shapiro-Wilk Force at Zero Velocity / BM [N/kg]: Stat=0.970, P-value=0.873

Shapiro-Wilk Force at Zero Velocity / BM [N/kg]\_Post-Practice: Stat=0.935, P-value=0.353

Paired t-test between Force at Zero Velocity / BM [N/kg] and Force at Zero Velocity / BM [N/kg]\_Post-Practice: t-statistic=4.499, p-value=0.001, SWC=0.284

### Date: 2023-09-26

Shapiro-Wilk RSI-modified (Imp-Mom) [m/s]: Stat=0.603, P-value=0.000

Shapiro-Wilk RSI-modified (Imp-Mom) [m/s]\_Post-Practice: Stat=0.934, P-value=0.582

Paired t-test between RSI-modified (Imp-Mom) [m/s] and RSI-modified (Imp-Mom) [m/s]\_Post-Practice: t-statistic=0.149, p-value=0.887, SWC=0.013

Shapiro-Wilk Eccentric Duration [ms]: Stat=0.880, P-value=0.226

Shapiro-Wilk Eccentric Duration [ms]\_Post-Practice: Stat=0.927, P-value=0.523

Paired t-test between Eccentric Duration [ms] and Eccentric Duration [ms]\_Post-Practice: t-statistic=-0.748, p-value=0.483, SWC=9.582

Shapiro-Wilk Jump Height (Imp-Mom) in Inches [in]: Stat=0.962, P-value=0.834

Shapiro-Wilk Jump Height (Imp-Mom) in Inches [in]\_Post-Practice: Stat=0.900, P-value=0.330

Paired t-test between Jump Height (Imp-Mom) in Inches [in] and Jump Height (Imp-Mom) in Inches [in]\_Post-Practice: t-statistic=-0.094, p-value=0.928, SWC=0.424

Shapiro-Wilk Eccentric Braking RFD / BM [N/s/kg]: Stat=0.928, P-value=0.535

Shapiro-Wilk Eccentric Braking RFD / BM [N/s/kg]\_Post-Practice: Stat=0.981, P-value=0.966

Paired t-test between Eccentric Braking RFD / BM [N/s/kg] and Eccentric Braking RFD / BM [N/s/kg]\_Post-Practice: t-statistic=0.405, p-value=0.700, SWC=3.129

Shapiro-Wilk Force at Zero Velocity / BM [N/kg]: Stat=0.955, P-value=0.773

Shapiro-Wilk Force at Zero Velocity / BM [N/kg]\_Post-Practice: Stat=0.952, P-value=0.752

Paired t-test between Force at Zero Velocity / BM [N/kg] and Force at Zero Velocity / BM [N/kg]\_Post-Practice: t-statistic=0.266, p-value=0.799, SWC=0.418

### Date: 2023-09-27

Shapiro-Wilk RSI-modified (Imp-Mom) [m/s]: Stat=0.940, P-value=0.551

Shapiro-Wilk RSI-modified (Imp-Mom) [m/s]\_Post-Practice: Stat=0.951, P-value=0.684

Paired t-test between RSI-modified (Imp-Mom) [m/s] and RSI-modified (Imp-Mom) [m/s]\_Post-Practice: t-statistic=0.033, p-value=0.974, SWC=0.012

Shapiro-Wilk Eccentric Duration [ms]: Stat=0.878, P-value=0.124

Shapiro-Wilk Eccentric Duration [ms]\_Post-Practice: Stat=0.909, P-value=0.271

Paired t-test between Eccentric Duration [ms] and Eccentric Duration [ms]\_Post-Practice: t-statistic=-0.409, p-value=0.692, SWC=13.183

Shapiro-Wilk Jump Height (Imp-Mom) in Inches [in]: Stat=0.920, P-value=0.360

Shapiro-Wilk Jump Height (Imp-Mom) in Inches [in]\_Post-Practice: Stat=0.959, P-value=0.773

Paired t-test between Jump Height (Imp-Mom) in Inches [in] and Jump Height (Imp-Mom) in Inches [in]\_Post-Practice: t-statistic=-0.017, p-value=0.987, SWC=0.265

Shapiro-Wilk Eccentric Braking RFD / BM [N/s/kg]: Stat=0.917, P-value=0.336

Shapiro-Wilk Eccentric Braking RFD / BM [N/s/kg]\_Post-Practice: Stat=0.902, P-value=0.230

Paired t-test between Eccentric Braking RFD / BM [N/s/kg] and Eccentric Braking RFD / BM [N/s/kg]\_Post-Practice: t-statistic=-0.140, p-value=0.892, SWC=4.219

Shapiro-Wilk Force at Zero Velocity / BM [N/kg]: Stat=0.848, P-value=0.056

Shapiro-Wilk Force at Zero Velocity / BM [N/kg]\_Post-Practice: Stat=0.915, P-value=0.319

Paired t-test between Force at Zero Velocity / BM [N/kg] and Force at Zero Velocity / BM [N/kg]\_Post-Practice: t-statistic=-0.258, p-value=0.802, SWC=0.432

### Date: 2023-10-03

Shapiro-Wilk RSI-modified (Imp-Mom) [m/s]: Stat=0.957, P-value=0.769

Shapiro-Wilk RSI-modified (Imp-Mom) [m/s]\_Post-Practice: Stat=0.949, P-value=0.684

Paired t-test between RSI-modified (Imp-Mom) [m/s] and RSI-modified (Imp-Mom) [m/s]\_Post-Practice: t-statistic=1.812, p-value=0.107, SWC=0.014

Shapiro-Wilk Eccentric Duration [ms]: Stat=0.919, P-value=0.382

Shapiro-Wilk Eccentric Duration [ms]\_Post-Practice: Stat=0.919, P-value=0.385

Paired t-test between Eccentric Duration [ms] and Eccentric Duration [ms]\_Post-Practice: t-statistic=-0.878, p-value=0.406, SWC=13.894

Shapiro-Wilk Jump Height (Imp-Mom) in Inches [in]: Stat=0.975, P-value=0.935

Shapiro-Wilk Jump Height (Imp-Mom) in Inches [in]\_Post-Practice: Stat=0.871, P-value=0.127

Paired t-test between Jump Height (Imp-Mom) in Inches [in] and Jump Height (Imp-Mom) in Inches [in]\_Post-Practice: t-statistic=1.474, p-value=0.179, SWC=0.356

Shapiro-Wilk Eccentric Braking RFD / BM [N/s/kg]: Stat=0.905, P-value=0.285

Shapiro-Wilk Eccentric Braking RFD / BM [N/s/kg]\_Post-Practice: Stat=0.965, P-value=0.853

Paired t-test between Eccentric Braking RFD / BM [N/s/kg] and Eccentric Braking RFD / BM [N/s/kg]\_Post-Practice: t-statistic=1.896, p-value=0.095, SWC=5.733

Shapiro-Wilk Force at Zero Velocity / BM [N/kg]: Stat=0.836, P-value=0.052

Shapiro-Wilk Force at Zero Velocity / BM [N/kg]\_Post-Practice: Stat=0.841, P-value=0.060

Paired t-test between Force at Zero Velocity / BM [N/kg] and Force at Zero Velocity / BM [N/kg]\_Post-Practice: t-statistic=1.851, p-value=0.101, SWC=0.556

### Date: 2023-10-04

Shapiro-Wilk RSI-modified (Imp-Mom) [m/s]: Stat=0.811, P-value=0.013

Shapiro-Wilk RSI-modified (Imp-Mom) [m/s]\_Post-Practice: Stat=0.906, P-value=0.192

Paired t-test between RSI-modified (Imp-Mom) [m/s] and RSI-modified (Imp-Mom) [m/s]\_Post-Practice: t-statistic=1.599, p-value=0.138, SWC=0.039

Shapiro-Wilk Eccentric Duration [ms]: Stat=0.930, P-value=0.379

Shapiro-Wilk Eccentric Duration [ms]\_Post-Practice: Stat=0.962, P-value=0.807

Paired t-test between Eccentric Duration [ms] and Eccentric Duration [ms]\_Post-Practice: t-statistic=0.551, p-value=0.593, SWC=12.375

Shapiro-Wilk Jump Height (Imp-Mom) in Inches [in]: Stat=0.669, P-value=0.000

Shapiro-Wilk Jump Height (Imp-Mom) in Inches [in]\_Post-Practice: Stat=0.979, P-value=0.978

Paired t-test between Jump Height (Imp-Mom) in Inches [in] and Jump Height (Imp-Mom) in Inches [in]\_Post-Practice: t-statistic=1.567, p-value=0.145, SWC=1.445

Shapiro-Wilk Eccentric Braking RFD / BM [N/s/kg]: Stat=0.959, P-value=0.773

Shapiro-Wilk Eccentric Braking RFD / BM [N/s/kg]\_Post-Practice: Stat=0.934, P-value=0.420

Paired t-test between Eccentric Braking RFD / BM [N/s/kg] and Eccentric Braking RFD / BM [N/s/kg]\_Post-Practice: t-statistic=1.171, p-value=0.266, SWC=3.580

Shapiro-Wilk Force at Zero Velocity / BM [N/kg]: Stat=0.921, P-value=0.297

Shapiro-Wilk Force at Zero Velocity / BM [N/kg]\_Post-Practice: Stat=0.947, P-value=0.600

Paired t-test between Force at Zero Velocity / BM [N/kg] and Force at Zero Velocity / BM [N/kg]\_Post-Practice: t-statistic=1.710, p-value=0.115, SWC=0.538

### Date: 2023-10-10

Shapiro-Wilk RSI-modified (Imp-Mom) [m/s]: Stat=0.932, P-value=0.596

Shapiro-Wilk RSI-modified (Imp-Mom) [m/s]\_Post-Practice: Stat=0.960, P-value=0.823

Paired t-test between RSI-modified (Imp-Mom) [m/s] and RSI-modified (Imp-Mom) [m/s]\_Post-Practice: t-statistic=1.515, p-value=0.190, SWC=0.026

Shapiro-Wilk Eccentric Duration [ms]: Stat=0.901, P-value=0.378

Shapiro-Wilk Eccentric Duration [ms]\_Post-Practice: Stat=0.927, P-value=0.555

Paired t-test between Eccentric Duration [ms] and Eccentric Duration [ms]\_Post-Practice: t-statistic=-0.386, p-value=0.715, SWC=13.570

Shapiro-Wilk Jump Height (Imp-Mom) in Inches [in]: Stat=0.949, P-value=0.733

Shapiro-Wilk Jump Height (Imp-Mom) in Inches [in]\_Post-Practice: Stat=0.970, P-value=0.893

Paired t-test between Jump Height (Imp-Mom) in Inches [in] and Jump Height (Imp-Mom) in Inches [in]\_Post-Practice: t-statistic=1.658, p-value=0.158, SWC=0.545

Shapiro-Wilk Eccentric Braking RFD / BM [N/s/kg]: Stat=0.914, P-value=0.465

Shapiro-Wilk Eccentric Braking RFD / BM [N/s/kg]\_Post-Practice: Stat=0.845, P-value=0.142

Paired t-test between Eccentric Braking RFD / BM [N/s/kg] and Eccentric Braking RFD / BM [N/s/kg]\_Post-Practice: t-statistic=0.933, p-value=0.393, SWC=5.038

Shapiro-Wilk Force at Zero Velocity / BM [N/kg]: Stat=0.868, P-value=0.217

Shapiro-Wilk Force at Zero Velocity / BM [N/kg]\_Post-Practice: Stat=0.827, P-value=0.102

Paired t-test between Force at Zero Velocity / BM [N/kg] and Force at Zero Velocity / BM [N/kg]\_Post-Practice: t-statistic=1.323, p-value=0.243, SWC=0.615

### Date: 2023-10-11

Shapiro-Wilk RSI-modified (Imp-Mom) [m/s]: Stat=0.914, P-value=0.463

Shapiro-Wilk RSI-modified (Imp-Mom) [m/s]\_Post-Practice: Stat=0.874, P-value=0.242

Paired t-test between RSI-modified (Imp-Mom) [m/s] and RSI-modified (Imp-Mom) [m/s]\_Post-Practice: t-statistic=-1.537, p-value=0.185, SWC=0.029

Shapiro-Wilk Eccentric Duration [ms]: Stat=0.887, P-value=0.303

Shapiro-Wilk Eccentric Duration [ms]\_Post-Practice: Stat=0.908, P-value=0.425

Paired t-test between Eccentric Duration [ms] and Eccentric Duration [ms]\_Post-Practice: t-statistic=-1.049, p-value=0.342, SWC=12.277

Shapiro-Wilk Jump Height (Imp-Mom) in Inches [in]: Stat=0.839, P-value=0.128

Shapiro-Wilk Jump Height (Imp-Mom) in Inches [in]\_Post-Practice: Stat=0.949, P-value=0.735

Paired t-test between Jump Height (Imp-Mom) in Inches [in] and Jump Height (Imp-Mom) in Inches [in]\_Post-Practice: t-statistic=-1.687, p-value=0.152, SWC=0.693

Shapiro-Wilk Eccentric Braking RFD / BM [N/s/kg]: Stat=0.958, P-value=0.802

Shapiro-Wilk Eccentric Braking RFD / BM [N/s/kg]\_Post-Practice: Stat=0.728, P-value=0.012

Paired t-test between Eccentric Braking RFD / BM [N/s/kg] and Eccentric Braking RFD / BM [N/s/kg]\_Post-Practice: t-statistic=-0.065, p-value=0.951, SWC=4.248

Shapiro-Wilk Force at Zero Velocity / BM [N/kg]: Stat=0.900, P-value=0.377

Shapiro-Wilk Force at Zero Velocity / BM [N/kg]\_Post-Practice: Stat=0.810, P-value=0.072

Paired t-test between Force at Zero Velocity / BM [N/kg] and Force at Zero Velocity / BM [N/kg]\_Post-Practice: t-statistic=-0.009, p-value=0.993, SWC=0.395

### Date: 2023-10-17

Shapiro-Wilk RSI-modified (Imp-Mom) [m/s]: Stat=0.967, P-value=0.875

Shapiro-Wilk RSI-modified (Imp-Mom) [m/s]\_Post-Practice: Stat=0.941, P-value=0.670

Paired t-test between RSI-modified (Imp-Mom) [m/s] and RSI-modified (Imp-Mom) [m/s]\_Post-Practice: t-statistic=5.078, p-value=0.004, SWC=0.027

Shapiro-Wilk Eccentric Duration [ms]: Stat=0.927, P-value=0.557

Shapiro-Wilk Eccentric Duration [ms]\_Post-Practice: Stat=0.899, P-value=0.366

Paired t-test between Eccentric Duration [ms] and Eccentric Duration [ms]\_Post-Practice: t-statistic=-1.643, p-value=0.161, SWC=8.645

Shapiro-Wilk Jump Height (Imp-Mom) in Inches [in]: Stat=0.972, P-value=0.907

Shapiro-Wilk Jump Height (Imp-Mom) in Inches [in]\_Post-Practice: Stat=0.965, P-value=0.855

Paired t-test between Jump Height (Imp-Mom) in Inches [in] and Jump Height (Imp-Mom) in Inches [in]\_Post-Practice: t-statistic=4.845, p-value=0.005, SWC=0.646

Shapiro-Wilk Eccentric Braking RFD / BM [N/s/kg]: Stat=0.937, P-value=0.637

Shapiro-Wilk Eccentric Braking RFD / BM [N/s/kg]\_Post-Practice: Stat=0.855, P-value=0.171

Paired t-test between Eccentric Braking RFD / BM [N/s/kg] and Eccentric Braking RFD / BM [N/s/kg]\_Post-Practice: t-statistic=4.557, p-value=0.006, SWC=3.721

Shapiro-Wilk Force at Zero Velocity / BM [N/kg]: Stat=0.983, P-value=0.966

Shapiro-Wilk Force at Zero Velocity / BM [N/kg]\_Post-Practice: Stat=0.975, P-value=0.922

Paired t-test between Force at Zero Velocity / BM [N/kg] and Force at Zero Velocity / BM [N/kg]\_Post-Practice: t-statistic=7.659, p-value=0.001, SWC=0.390

### Date: 2023-10-24

Shapiro-Wilk RSI-modified (Imp-Mom) [m/s]: Stat=0.902, P-value=0.303

Shapiro-Wilk RSI-modified (Imp-Mom) [m/s]\_Post-Practice: Stat=0.973, P-value=0.919

Paired t-test between RSI-modified (Imp-Mom) [m/s] and RSI-modified (Imp-Mom) [m/s]\_Post-Practice: t-statistic=1.468, p-value=0.186, SWC=0.022

Shapiro-Wilk Eccentric Duration [ms]: Stat=0.904, P-value=0.311

Shapiro-Wilk Eccentric Duration [ms]\_Post-Practice: Stat=0.935, P-value=0.559

Paired t-test between Eccentric Duration [ms] and Eccentric Duration [ms]\_Post-Practice: t-statistic=-0.866, p-value=0.415, SWC=9.582

Shapiro-Wilk Jump Height (Imp-Mom) in Inches [in]: Stat=0.913, P-value=0.374

Shapiro-Wilk Jump Height (Imp-Mom) in Inches [in]\_Post-Practice: Stat=0.938, P-value=0.594

Paired t-test between Jump Height (Imp-Mom) in Inches [in] and Jump Height (Imp-Mom) in Inches [in]\_Post-Practice: t-statistic=1.684, p-value=0.136, SWC=0.616

Shapiro-Wilk Eccentric Braking RFD / BM [N/s/kg]: Stat=0.931, P-value=0.525

Shapiro-Wilk Eccentric Braking RFD / BM [N/s/kg]\_Post-Practice: Stat=0.867, P-value=0.141

Paired t-test between Eccentric Braking RFD / BM [N/s/kg] and Eccentric Braking RFD / BM [N/s/kg]\_Post-Practice: t-statistic=1.815, p-value=0.112, SWC=3.880

Shapiro-Wilk Force at Zero Velocity / BM [N/kg]: Stat=0.944, P-value=0.647

Shapiro-Wilk Force at Zero Velocity / BM [N/kg]\_Post-Practice: Stat=0.879, P-value=0.186

Paired t-test between Force at Zero Velocity / BM [N/kg] and Force at Zero Velocity / BM [N/kg]\_Post-Practice: t-statistic=2.797, p-value=0.027, SWC=0.405

### Date: 2023-10-25

Shapiro-Wilk RSI-modified (Imp-Mom) [m/s]: Stat=0.857, P-value=0.142

Shapiro-Wilk RSI-modified (Imp-Mom) [m/s]\_Post-Practice: Stat=0.907, P-value=0.378

Paired t-test between RSI-modified (Imp-Mom) [m/s] and RSI-modified (Imp-Mom) [m/s]\_Post-Practice: t-statistic=1.319, p-value=0.235, SWC=0.016

Shapiro-Wilk Eccentric Duration [ms]: Stat=0.897, P-value=0.315

Shapiro-Wilk Eccentric Duration [ms]\_Post-Practice: Stat=0.933, P-value=0.578

Paired t-test between Eccentric Duration [ms] and Eccentric Duration [ms]\_Post-Practice: t-statistic=-0.847, p-value=0.429, SWC=12.474

Shapiro-Wilk Jump Height (Imp-Mom) in Inches [in]: Stat=0.944, P-value=0.674

Shapiro-Wilk Jump Height (Imp-Mom) in Inches [in]\_Post-Practice: Stat=0.759, P-value=0.016

Paired t-test between Jump Height (Imp-Mom) in Inches [in] and Jump Height (Imp-Mom) in Inches [in]\_Post-Practice: t-statistic=1.820, p-value=0.119, SWC=0.255

Shapiro-Wilk Eccentric Braking RFD / BM [N/s/kg]: Stat=0.957, P-value=0.796

Shapiro-Wilk Eccentric Braking RFD / BM [N/s/kg]\_Post-Practice: Stat=0.943, P-value=0.664

Paired t-test between Eccentric Braking RFD / BM [N/s/kg] and Eccentric Braking RFD / BM [N/s/kg]\_Post-Practice: t-statistic=1.319, p-value=0.235, SWC=5.209

Shapiro-Wilk Force at Zero Velocity / BM [N/kg]: Stat=0.925, P-value=0.508

Shapiro-Wilk Force at Zero Velocity / BM [N/kg]\_Post-Practice: Stat=0.956, P-value=0.779

Paired t-test between Force at Zero Velocity / BM [N/kg] and Force at Zero Velocity / BM [N/kg]\_Post-Practice: t-statistic=1.155, p-value=0.292, SWC=0.490

### Date: 2023-09-20

Shapiro-Wilk RSI-modified (Imp-Mom) [m/s]: Stat=0.940, P-value=0.587

Shapiro-Wilk RSI-modified (Imp-Mom) [m/s]\_Post-Practice: Stat=0.953, P-value=0.721

Paired t-test between RSI-modified (Imp-Mom) [m/s] and RSI-modified (Imp-Mom) [m/s]\_Post-Practice: t-statistic=2.884, p-value=0.020, SWC=0.020

Shapiro-Wilk Eccentric Duration [ms]: Stat=0.912, P-value=0.331

Shapiro-Wilk Eccentric Duration [ms]\_Post-Practice: Stat=0.967, P-value=0.869

Paired t-test between Eccentric Duration [ms] and Eccentric Duration [ms]\_Post-Practice: t-statistic=0.041, p-value=0.968, SWC=13.126

Shapiro-Wilk Jump Height (Imp-Mom) in Inches [in]: Stat=0.956, P-value=0.757

Shapiro-Wilk Jump Height (Imp-Mom) in Inches [in]\_Post-Practice: Stat=0.942, P-value=0.603

Paired t-test between Jump Height (Imp-Mom) in Inches [in] and Jump Height (Imp-Mom) in Inches [in]\_Post-Practice: t-statistic=4.057, p-value=0.004, SWC=0.326

Shapiro-Wilk Eccentric Braking RFD / BM [N/s/kg]: Stat=0.918, P-value=0.376

Shapiro-Wilk Eccentric Braking RFD / BM [N/s/kg]\_Post-Practice: Stat=0.894, P-value=0.219

Paired t-test between Eccentric Braking RFD / BM [N/s/kg] and Eccentric Braking RFD / BM [N/s/kg]\_Post-Practice: t-statistic=2.314, p-value=0.049, SWC=4.434

Shapiro-Wilk Force at Zero Velocity / BM [N/kg]: Stat=0.930, P-value=0.482

Shapiro-Wilk Force at Zero Velocity / BM [N/kg]\_Post-Practice: Stat=0.922, P-value=0.407

Paired t-test between Force at Zero Velocity / BM [N/kg] and Force at Zero Velocity / BM [N/kg]\_Post-Practice: t-statistic=3.262, p-value=0.011, SWC=0.445

### Date: 2023-10-18

Shapiro-Wilk RSI-modified (Imp-Mom) [m/s]: Stat=0.739, P-value=0.023

Shapiro-Wilk RSI-modified (Imp-Mom) [m/s]\_Post-Practice: Stat=0.889, P-value=0.354

Paired t-test between RSI-modified (Imp-Mom) [m/s] and RSI-modified (Imp-Mom) [m/s]\_Post-Practice: t-statistic=-0.985, p-value=0.380, SWC=0.012

Shapiro-Wilk Eccentric Duration [ms]: Stat=0.819, P-value=0.115

Shapiro-Wilk Eccentric Duration [ms]\_Post-Practice: Stat=0.892, P-value=0.369

Paired t-test between Eccentric Duration [ms] and Eccentric Duration [ms]\_Post-Practice: t-statistic=-0.713, p-value=0.515, SWC=13.406

Shapiro-Wilk Jump Height (Imp-Mom) in Inches [in]: Stat=0.855, P-value=0.212

Shapiro-Wilk Jump Height (Imp-Mom) in Inches [in]\_Post-Practice: Stat=0.906, P-value=0.444

Paired t-test between Jump Height (Imp-Mom) in Inches [in] and Jump Height (Imp-Mom) in Inches [in]\_Post-Practice: t-statistic=-0.775, p-value=0.482, SWC=0.447

Shapiro-Wilk Eccentric Braking RFD / BM [N/s/kg]: Stat=0.781, P-value=0.056

Shapiro-Wilk Eccentric Braking RFD / BM [N/s/kg]\_Post-Practice: Stat=0.966, P-value=0.849

Paired t-test between Eccentric Braking RFD / BM [N/s/kg] and Eccentric Braking RFD / BM [N/s/kg]\_Post-Practice: t-statistic=1.247, p-value=0.280, SWC=4.005

Shapiro-Wilk Force at Zero Velocity / BM [N/kg]: Stat=0.948, P-value=0.720

Shapiro-Wilk Force at Zero Velocity / BM [N/kg]\_Post-Practice: Stat=0.924, P-value=0.559

Paired t-test between Force at Zero Velocity / BM [N/kg] and Force at Zero Velocity / BM [N/kg]\_Post-Practice: t-statistic=1.036, p-value=0.359, SWC=0.446

RSI-modified (Imp-Mom) [m/s]: Shapiro-Wilk Statistic=0.910, p-value=0.000

-> The data does not appear to be normally distributed.

RSI-modified (Imp-Mom) [m/s]\_Post-Practice: Shapiro-Wilk Statistic=0.977, p-value=0.079

-> The data appears to be normally distributed.

Eccentric Duration [ms]: Shapiro-Wilk Statistic=0.965, p-value=0.010

-> The data does not appear to be normally distributed.

Eccentric Duration [ms]\_Post-Practice: Shapiro-Wilk Statistic=0.986, p-value=0.372

-> The data appears to be normally distributed.

Jump Height (Imp-Mom) in Inches [in]: Shapiro-Wilk Statistic=0.736, p-value=0.000

-> The data does not appear to be normally distributed.

Jump Height (Imp-Mom) in Inches [in]\_Post-Practice: Shapiro-Wilk Statistic=0.958, p-value=0.003

-> The data does not appear to be normally distributed.

Eccentric Braking RFD / BM [N/s/kg]: Shapiro-Wilk Statistic=0.965, p-value=0.010

-> The data does not appear to be normally distributed.

Eccentric Braking RFD / BM [N/s/kg]\_Post-Practice: Shapiro-Wilk Statistic=0.932, p-value=0.000

-> The data does not appear to be normally distributed.

Force at Zero Velocity / BM [N/kg]: Shapiro-Wilk Statistic=0.981, p-value=0.161

-> The data appears to be normally distributed.

Force at Zero Velocity / BM [N/kg]\_Post-Practice: Shapiro-Wilk Statistic=0.968, p-value=0.015

-> The data does not appear to be normally distributed.

Paired t-test between RSI-modified (Imp-Mom) [m/s] and RSI-modified (Imp-Mom) [m/s]\_Post-Practice: t-statistic = 3.217, p-value = 0.002, SWC = 0.022

-> Significant difference detected.

Paired t-test between Eccentric Duration [ms] and Eccentric Duration [ms]\_Post-Practice: t-statistic = -2.464, p-value = 0.015, SWC = 11.431

-> Significant difference detected.

Paired t-test between Jump Height (Imp-Mom) in Inches [in] and Jump Height (Imp-Mom) in Inches [in]\_Post-Practice: t-statistic = 2.630, p-value = 0.010, SWC = 0.656

-> Significant difference detected.

Paired t-test between Eccentric Braking RFD / BM [N/s/kg] and Eccentric Braking RFD / BM [N/s/kg]\_Post-Practice: t-statistic = 4.862, p-value = 0.000, SWC = 4.016

-> Significant difference detected.

Paired t-test between Force at Zero Velocity / BM [N/kg] and Force at Zero Velocity / BM [N/kg]\_Post-Practice: t-statistic = 5.531, p-value = 0.000, SWC = 0.439

-> Significant difference detected.