

Vertical Jump

Tests the ability to elevate body upwards from a standstill.

Equipment needed

- Vertec Jump Tester (x2 if applicable)
- Set Vertec to the appropriate height to take standing reach measurement
- Recommended that standing reach of all students is found FIRST!!
- 2 Coaches per station – 1 implementing test & 1 recording data
- Once reach measurement has been found for all students, reposition Vertec height to an appropriate setting for measuring maximum height jump

Description

- Measuring Standing Reach – Athlete starts in standing position next to the Vertec. Recommended that athlete's gaze be slightly behind the fins. Extend reach with the dominant hand and walk underneath the Vertec. Maximize reach to touch highest possible fin (monitored by tester). Make sure athlete is not slouching or depressing scapula. Reach is documented for later subtraction from the jump measurement.
- Measuring Vertical Jump – Athlete starts in a standing position next to the Vertec. Athlete jumps as high as possible reaching up with the same dominant arm to move as many plastic fins as possible.
- Recorder Instructions – Subtract the standing reach height from the vertical jump height to determine the net vertical jump.

Repetitions and Scoring

- Record the best of 2 scores
- If the 2 scores are both fouls (e.g. touching the pole), then the score is considered a disqualification
- The score is listed in INCHES (Example: 26")
- The HIGHER the distance the BETTER the score
- Data entered as ½ inches or 2 decimal points

Instruct students to not slap fins, as this will decrease their score; instead just touch lightly

- If student cannot reach fins during standing reach assessment on lowest level, all scores to be recorded as N/A

DQ/Penalty

- Failure to keep feet planted on the counter movement
- Contacting the Vertec pole while tapping fins

