

# PERFORMANCE ASSESSMENT

REPORT

Ryan Schiefer

Report Date: 11/17/2025

## ATHLETE INFORMATION

**Name:** Ryan Schiefer  
**Date of Birth:** 2003-08-19T00:00:00  
**Height:** N/A  
**Weight:** N/A  
**Position:** N/A  
**Team/Organization:** N/A

## Force Plate Test Reasoning

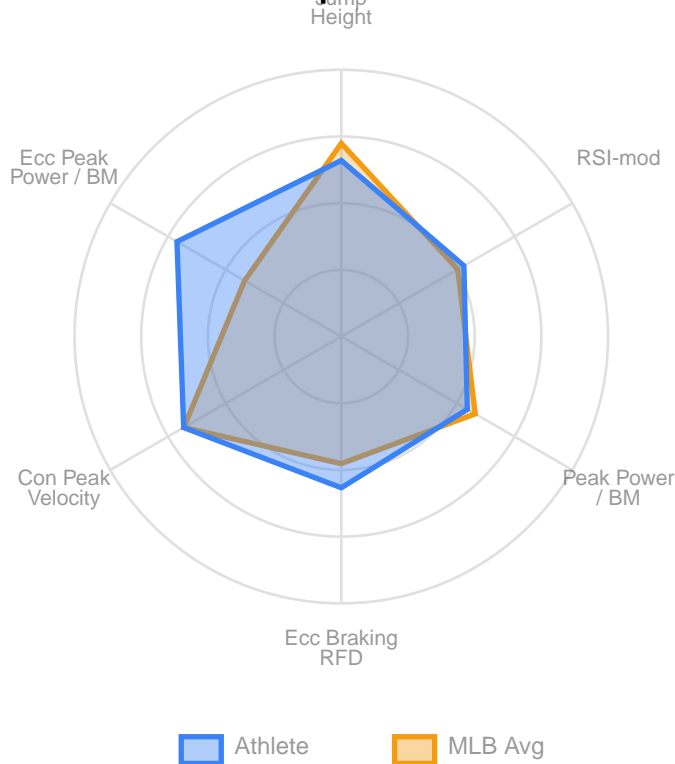
Performing multiple VALD force plate tests during an assessment provides a comprehensive understanding of an athlete's performance, asymmetries, injury risk, and readiness to train or return to play. These tests capture detailed metrics such as force production, rate of force development, and neuromuscular control, which are critical in a highly asymmetrical and explosive sport like baseball.

## Countermovement Jump (CMJ)

Metric	Athlete Value
Jump Height	45.30 cm
Eccentric Braking RFD	11100.00 N/s
Force @ Zero Velocity	2513.49 N
Eccentric Peak Force	2635.49 N
Concentric Impulse	261.20 Ns
Eccentric Peak Velocity	-2.07 m/s
Concentric Peak Velocity	3.08 m/s
Eccentric Peak Power	3971.15 W
Eccentric Peak Power / BM	45.56 W/kg
Peak Power	5046.87 W
Peak Power / BM	57.90 W/kg
RSI-mod	73.22 m/s
Countermovement Depth	-43.93 cm

Compared against 898 professional baseball player CMJ tests

## CMJ Performance Comparison



## Hop Test (HT)

RSI (Best 5 Avg)	2.5	m/s	
Jump Height (Best 5 Avg)	23.0	cm	13th
Ground Contact Time (Best 5 Avg)	0.2	ms	100th

Compared against 304 professional baseball player Hop Test results

## ISOMETRIC MID-THIGH PULL (IMTP)

Peak Force	N/A	N
Force @ 100ms	N/A	N
Force @ 200ms	N/A	N

## PLYOMETRIC PUSH-UP (PPU)

Push-Up Height	N/A	cm
Relative Peak Force	N/A	N/kg
Push-Up Depth	N/A	cm

## PROFESSIONAL BASEBALL COMPARISON

Percentile rankings compared to MLB/MiLB professional baseball players

## RECOMMENDATIONS

1. Continue current training program with focus on maintaining performance levels.
  2. Monitor asymmetries to ensure they remain below 10%.
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