

PERFORMANCE ASSESSMENT

REPORT

Luke Keaschall

Report Date: 11/17/2025

ATHLETE INFORMATION

Name: Luke Keaschall
Date of Birth: 2002-08-15T00:00:00
Height: N/A
Weight: N/A
Position: N/A
Team/Organization: N/A

Force Plate Test Reasoning

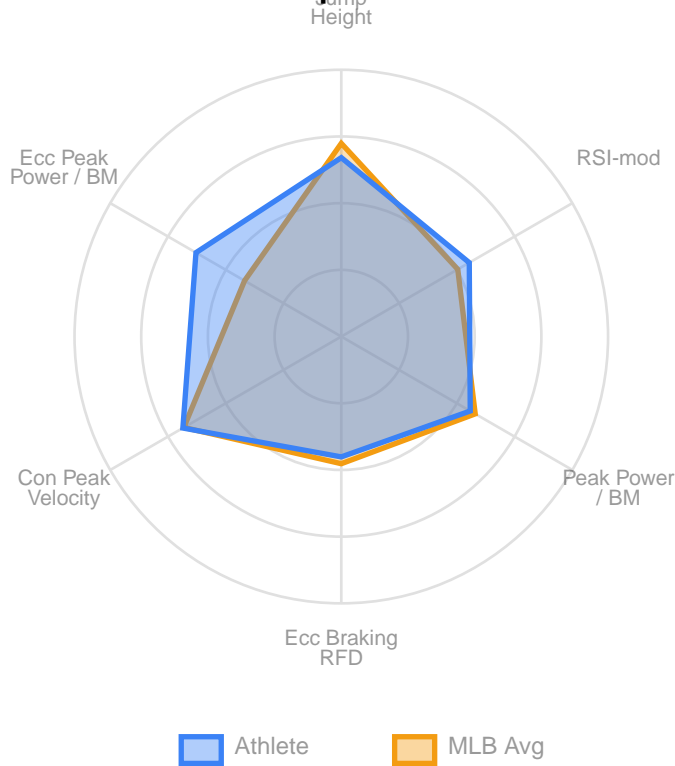
Performing multiple VALD force plate tests during an assessment provides a comprehensive understanding of an athlete's performance, asymmetries, injury risk, and readiness to train or return to play. These tests capture detailed metrics such as force production, rate of force development, and neuromuscular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

Countermovement Jump (CMJ)

Metric	Athlete Value
Jump Height	45.97 cm
Eccentric Braking RFD	8833.33 N/s
Force @ Zero Velocity	3033.39 N
Eccentric Peak Force	3109.39 N
Concentric Impulse	307.79 Ns
Eccentric Peak Velocity	-2.34 m/s
Concentric Peak Velocity	3.10 m/s
Eccentric Peak Power	4113.79 W
Eccentric Peak Power / BM	40.29 W/kg
Peak Power	6048.95 W
Peak Power / BM	59.24 W/kg
RSI-mod	76.25 m/s
Countermovement Depth	-67.65 cm

Compared against 898 professional baseball player CMJ tests

CMJ Performance Comparison



Hop Test (HT)

RSI (Best 5 Avg)	3.0	m/s	
Jump Height (Best 5 Avg)	39.1	cm	23th
Ground Contact Time (Best 5 Avg)	0.2	ms	100th

Compared against 304 professional baseball player Hop Test results

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%.

