

PERFORMANCE ASSESSMENT

Colton Lafave
Report Date: 11/23/2025

ATHLETE INFORMATION

Name: Colton Lafave

Date of Birth: 2004-03-23T00:00:00

Height: N/A

Weight: N/A

Position: N/A

Team/Organization: N/A

Force Plate Test Reasoning

Performing multiple VALID 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)

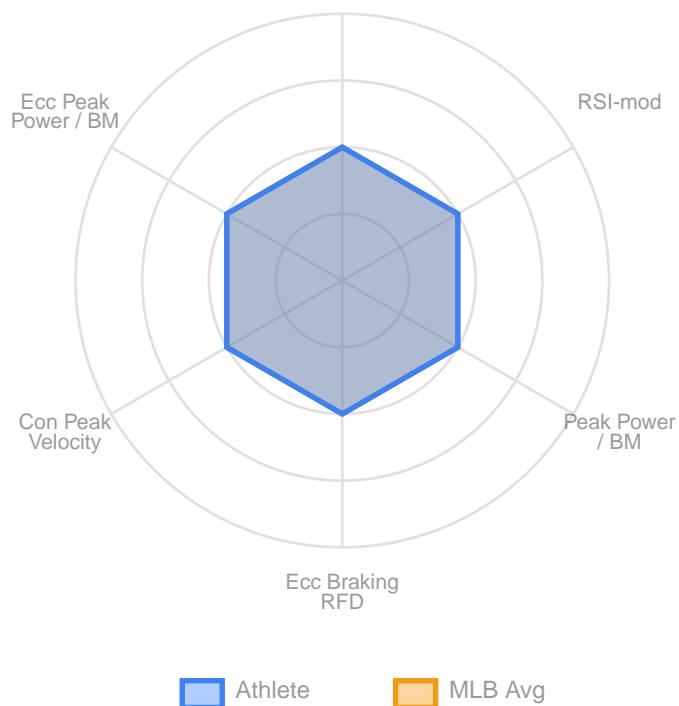
| Metric | Athlete Value |
|---------------------------|---------------|
| Jump Height | 35.67 cm |
| Eccentric Braking RFD | 7019.87 N/s |
| Force @ Zero Velocity | 2169.06 N |
| Eccentric Peak Force | 2182.06 N |
| Concentric Impulse | 227.29 Ns |
| Eccentric Peak Velocity | -1.68 m/s |
| Concentric Peak Velocity | 2.79 m/s |
| Eccentric Peak Power | 2346.60 W |
| Eccentric Peak Power / BM | 27.32 W/kg |
| Peak Power | 4826.43 W |
| Peak Power / BM | 56.19 W/kg |
| RSI-mod | 65.73 m/s |
| Countermovement Depth | -40.52 cm |

Compared against 898 professional baseball player CMJ tests

CMJ Performance

Comparison

Jump Height



■ Athlete ■ MLB Avg

Hop Test (HT)

| | | | |
|----------------------------------|-------------|-----|-------------|
| RSI (Best 5 Avg) | 2.6 | m/s | 1th |
| Jump Height (Best 5 Avg) | 25.8 | cm | 4th |
| Ground Contact Time (Best 5 Avg) | 0.2 | ms | 99th |

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%.

