

PERFORMANCE ASSESSMENT

REPORT

Ryan Schiefer

Report Date: 11/16/2025

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

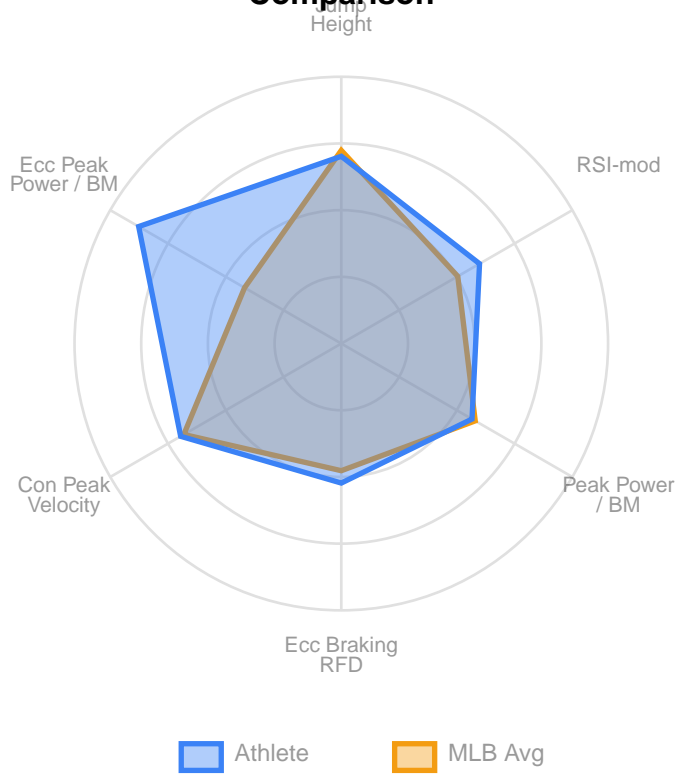
Performing multiple VALD force plate tests during an assessment provides a comprehensive understanding of an athlete's performance, asymmetries, injury risk, and readiness to train or return to play. These tests capture detailed metrics such as force production, rate of force development, and neuromuscular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

Countermovement Jump (CMJ)

Metric	Athlete Value
Jump Height	47.99 cm
Eccentric Braking RFD	10240.16 N/s
Force @ Zero Velocity	2663.30 N
Eccentric Peak Force	2791.30 N
Concentric Impulse	272.10 Ns
Eccentric Peak Velocity	-2.12 m/s
Concentric Peak Velocity	3.16 m/s
Eccentric Peak Power	4970.90 W
Eccentric Peak Power / BM	56.17 W/kg
Peak Power	5315.17 W
Peak Power / BM	60.06 W/kg
RSI-mod	82.04 m/s
Countermovement Depth	-43.32 cm

Compared against 898 professional baseball player CMJ tests

CMJ Performance Comparison



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%.

