

PERFORMANCE ASSESSMENT

Colton Lafave

REPORT

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

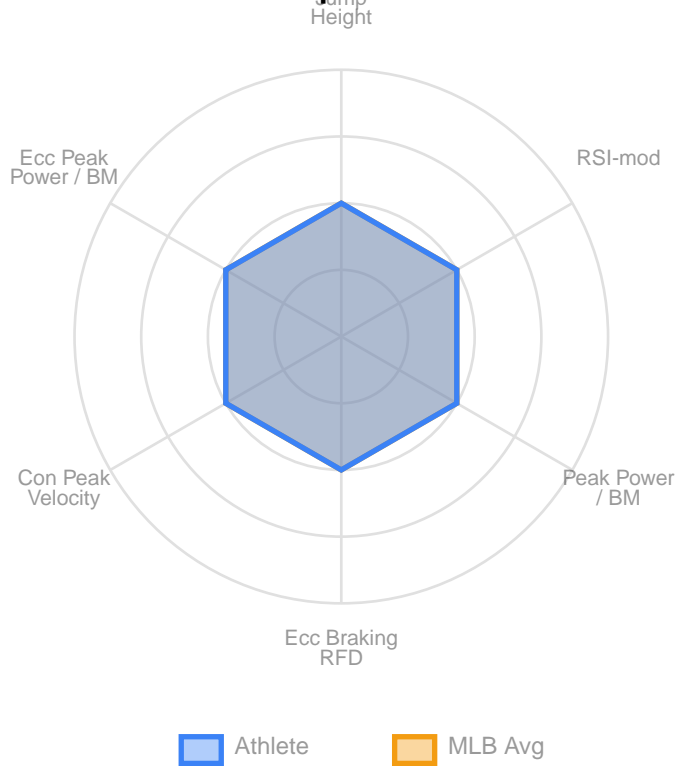
Performing multiple VALD force plate tests during an assessment provides a comprehensive understanding of an athlete's performance, asymmetries, injury risk, and readiness to train or return to play. These tests capture detailed metrics such as force production, rate of force development, and neuromuscular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

Countermovement Jump (CMJ)

Metric	Athlete Value
Jump Height	14.04 in
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	-15.95 in

Compared against 898 professional baseball player CMJ tests

CMJ Performance Comparison



Hop Test (HT)

RSI (Best 5 Avg)	2.6	m/s	1th
Jump Height (Best 5 Avg)	10.1	in	4th
Ground Contact Time (Best 5 Avg)	0.2	ms	99th

Compared against 304 professional baseball player Hop Test results

SINGLE LEG COUNTERMOVEMENT JUMP (SL CMJ)

Metric	Left	Right	Asymmetry
Jump Height	8.10	9.42	14.0% R
Ecc Peak Force	1454.06	1727.06	15.8% R
Ecc Braking RFD	3688.27	6019.08	38.7% R
Ecc Peak Velocity	-1.10	-1.15	5.1% L
Con Peak Force	1854.06	1911.06	3.0% R
Con Peak Velocity	2.22	2.32	4.3% R
Peak Power	3406.14	3606.61	5.6% R
Peak Power / BM	39.65	41.99	5.6% R
RSI-mod	23.80	40.23	40.8% R

Key Takeaways:
CRITICAL: Significant 40.8% asymmetry detected in RSI-mod (Right side dominant). Prioritize unilateral training to address this imbalance and reduce injury risk. Focus on strengthening the weaker leg through single-leg exercises: Bulgarian split squats, single-leg RDLs, and step-ups. Focus on developing overall lower body power through Olympic lifts and plyometric training.

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

ASYMMETRY ANALYSIS

Asymmetry values indicate the percentage difference between left and right sides.

Test	Left	Right	Asymmetry %	Status
singleLegJumpHeight	N/A	N/A	NaN% R	Address

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%.

