

# PERFORMANCE ASSESSMENT

Garrett Crochet

## REPORT

Report Date: 11/22/2025

### ATHLETE INFORMATION

**Name:** Garrett Crochet  
**Date of Birth:** 1999-06-22T00:00:00  
**Height:** N/A  
**Weight:** N/A  
**Position:** N/A  
**Team/Organization:** N/A

### Force Plate Test Reasoning

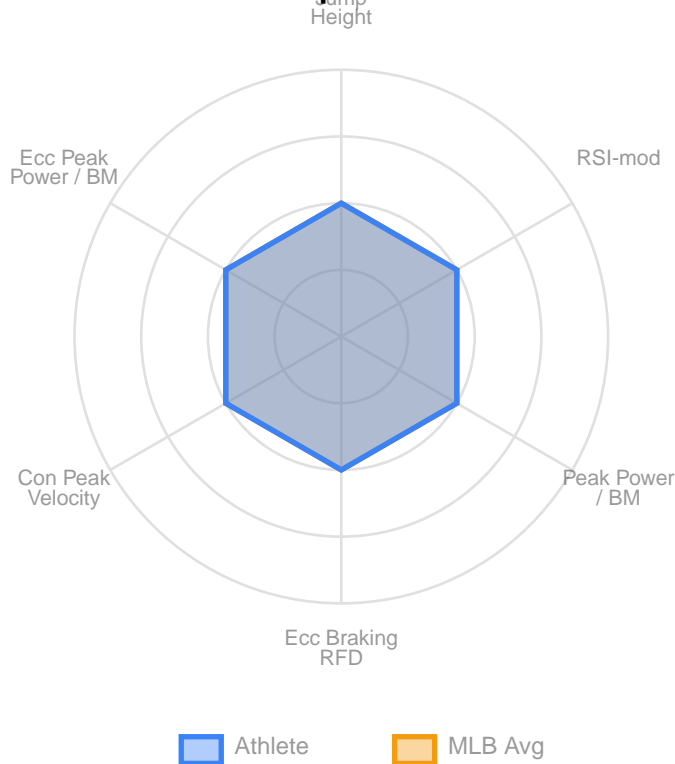
Performing multiple VALD force plate tests during an assessment provides a comprehensive understanding of an athlete's performance, asymmetries, injury risk, and readiness to train or return to play. These tests capture detailed metrics such as force production, rate of force development, and neuromuscular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

### Countermovement Jump (CMJ)

Metric	Athlete Value
Jump Height	47.07 cm
Eccentric Braking RFD	13077.24 N/s
Force @ Zero Velocity	3510.78 N
Eccentric Peak Force	3535.78 N
Concentric Impulse	356.23 Ns
Eccentric Peak Velocity	-1.76 m/s
Concentric Peak Velocity	3.19 m/s
Eccentric Peak Power	3661.21 W
Eccentric Peak Power / BM	31.38 W/kg
Peak Power	7208.48 W
Peak Power / BM	61.79 W/kg
RSI-mod	76.53 m/s
Countermovement Depth	-42.84 cm

Compared against 898 professional baseball player CMJ tests

## CMJ Performance Comparison



## Hop Test (HT)

RSI (Best 5 Avg)	1.9	m/s	1th
Jump Height (Best 5 Avg)	25.0	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

# 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%.

