

# PERFORMANCE ASSESSMENT

Blake Weiman

## REPORT

Report Date: 11/17/2025

### ATHLETE INFORMATION

**Name:** Blake Weiman  
**Date of Birth:** N/A  
**Height:** N/A  
**Weight:** N/A  
**Position:** N/A  
**Team/Organization:** N/A

### Force Plate Test Reasoning

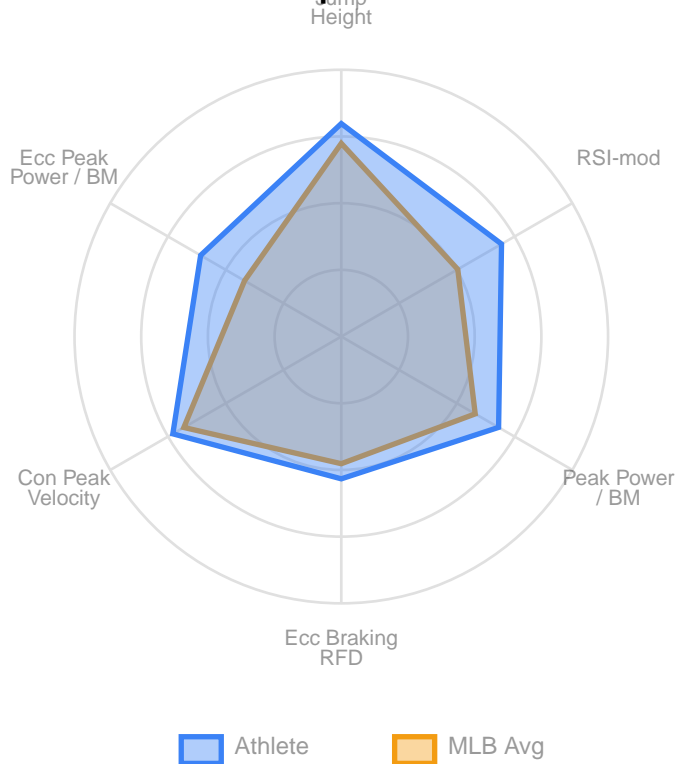
Performing multiple VALD force plate tests during an assessment provides a comprehensive understanding of an athlete's performance, asymmetries, injury risk, and readiness to train or return to play. These tests capture detailed metrics such as force production, rate of force development, and neuromuscular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

### Countermovement Jump (CMJ)

Metric	Athlete Value
Jump Height	54.17 cm
Eccentric Braking RFD	10443.61 N/s
Force @ Zero Velocity	2864.06 N
Eccentric Peak Force	2912.06 N
Concentric Impulse	319.45 Ns
Eccentric Peak Velocity	-1.89 m/s
Concentric Peak Velocity	3.37 m/s
Eccentric Peak Power	3844.16 W
Eccentric Peak Power / BM	38.99 W/kg
Peak Power	7120.84 W
Peak Power / BM	72.23 W/kg
RSI-mod	94.43 m/s
Countermovement Depth	-39.42 cm

Compared against 898 professional baseball player CMJ tests

# CMJ Performance Comparison



## Hop Test (HT)

RSI (Best 5 Avg)	2.9	m/s	
Jump Height (Best 5 Avg)	34.9	cm	20th
Ground Contact Time (Best 5 Avg)	0.0	ms	100th

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%.
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