

Career Data

19.90

Max Jump Height [in]

0.69

Avg mRSI

73.30

Max Rel Peak Power (W/kg)

30.48

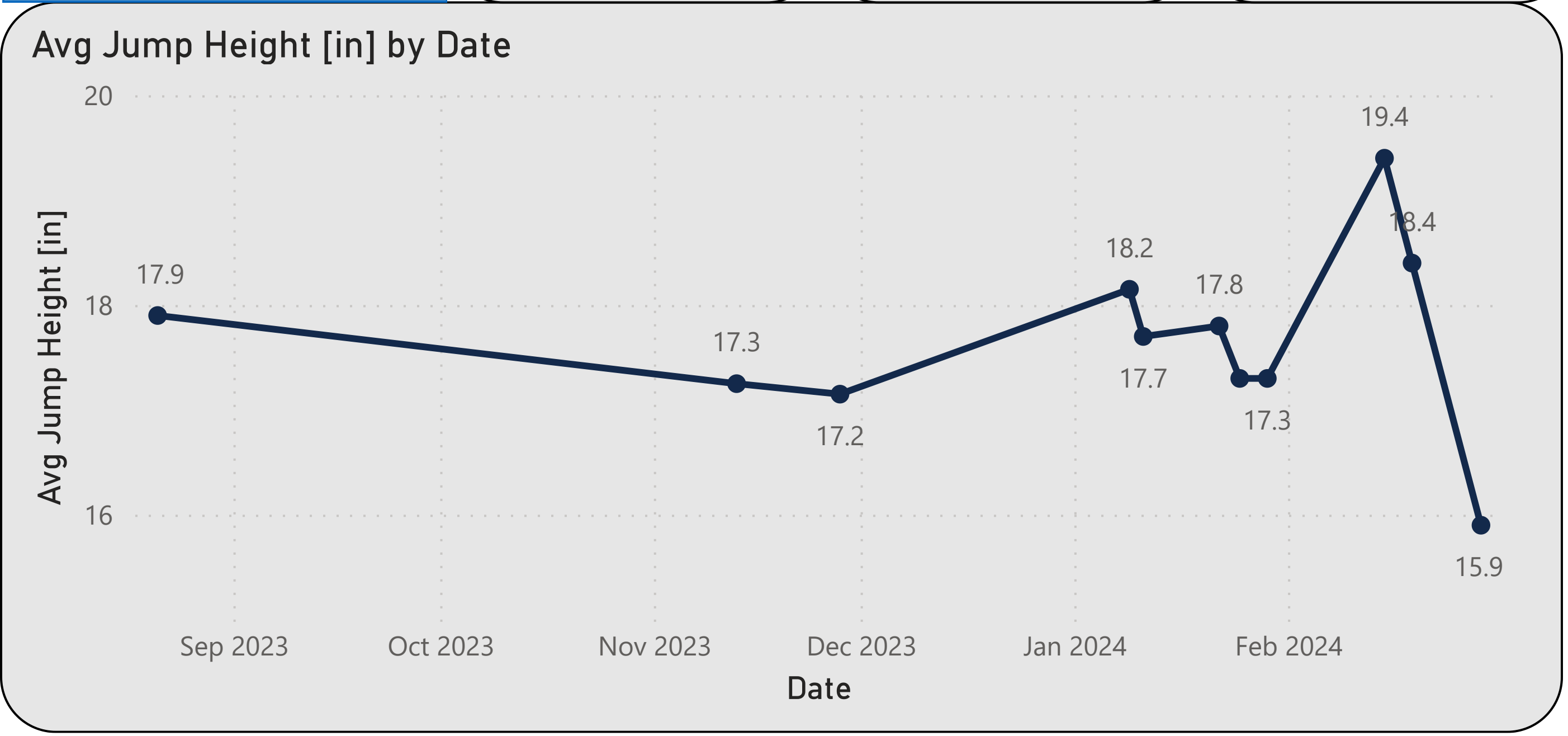
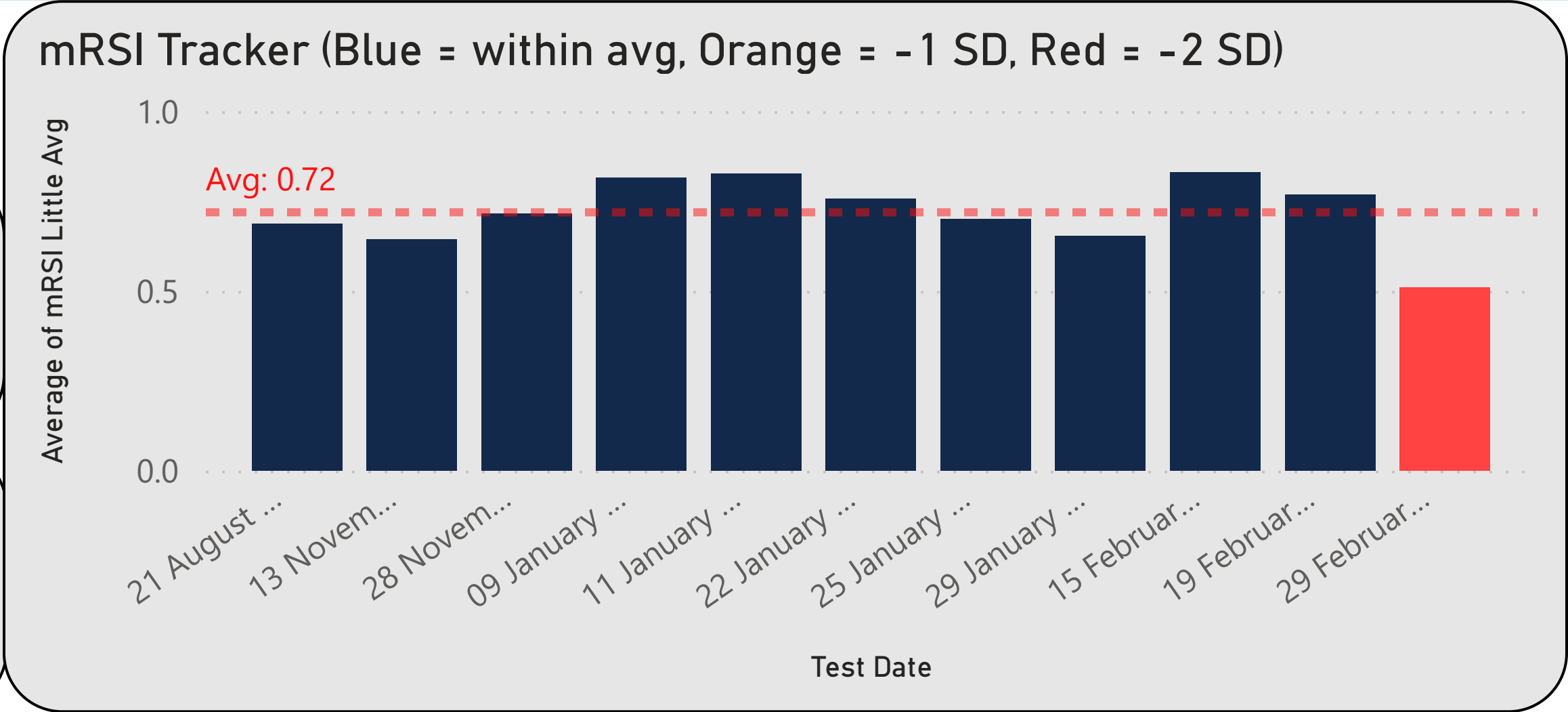
Rel Takeoff PF [N/kg]

6272

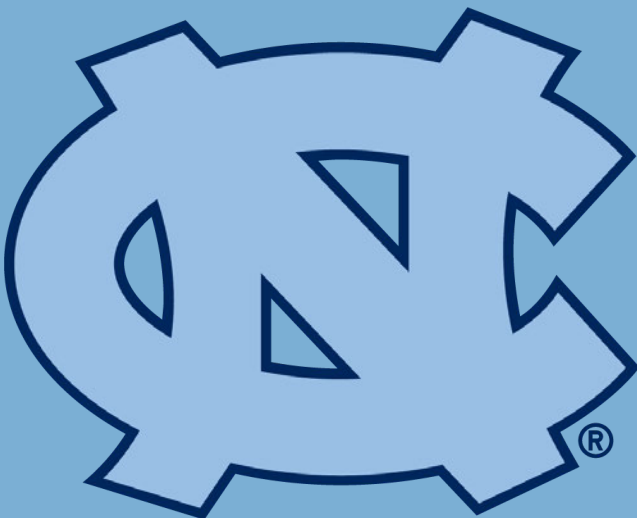
Max of Peak Power [W]

4.10

Avg Asymmetry [% L,R]



Test Date	Avg Jump Height [in]	Average of Peak Power [W]	Relative Power [W/kg]	RSImod [m/s]	Imp Imb
21/08/2023	17.90	5579.00	63.85	0.68	
13/11/2023	17.25	5469.00	62.40	0.64	
28/11/2023	17.15	5599.00	63.30	0.65	
09/01/2024	18.15	5777.50	66.65	0.76	
11/01/2024	17.70	6167.00	70.20	0.80	
22/01/2024	17.80	5954.50	67.90	0.71	
25/01/2024	17.30	5603.00	63.90	0.65	
29/01/2024	17.30	5451.00	61.85	0.64	
15/02/2024	19.40	6161.00	72.00	0.79	
19/02/2024	18.40	5693.00	66.20	0.74	
29/02/2024	15.90	5393.50	62.10	0.48	
Total	17.68	5718.67	65.56	0.69	



UNC Men's Lacrosse

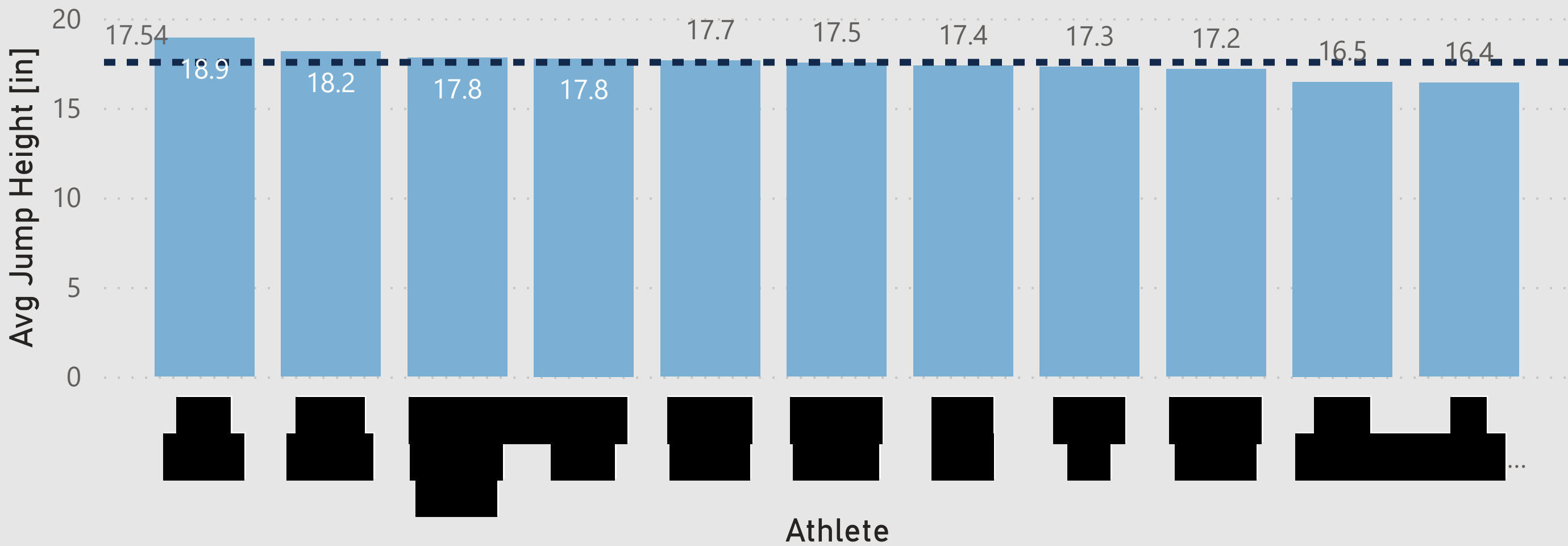
Team CMJ Dashboard

Test Date

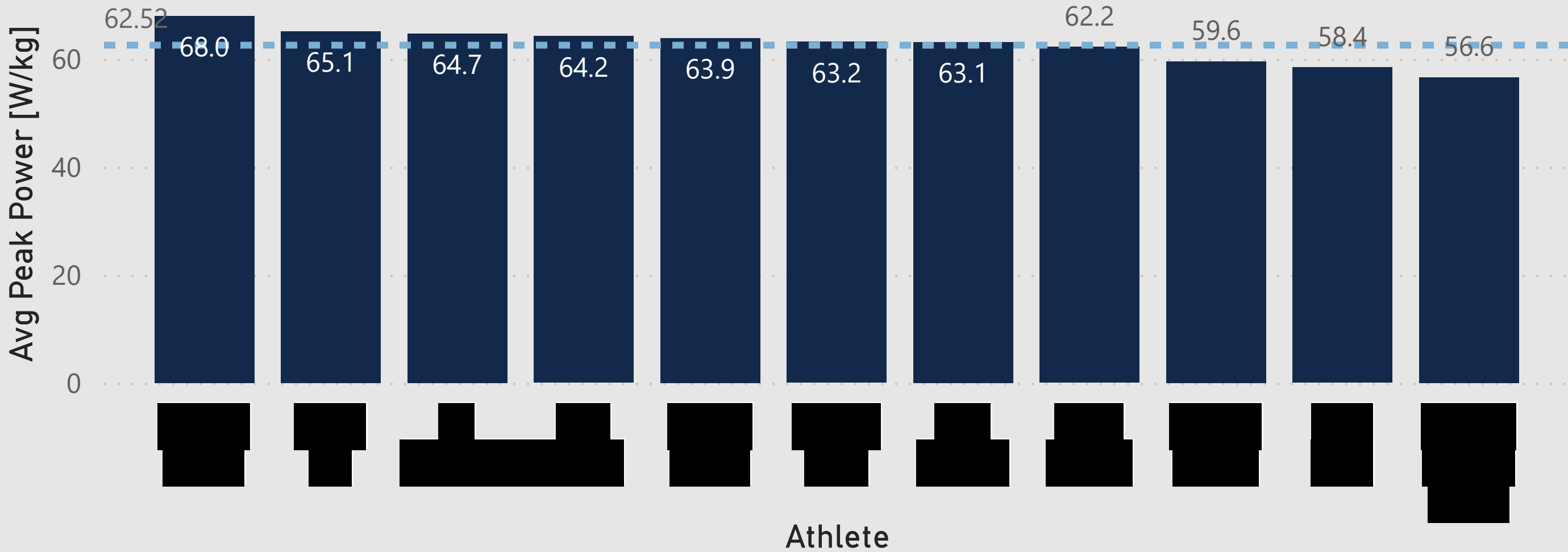
05/03/2024



Daily Top 10 Jump Height



Daily Top 10 Relative Power



Athlete	Jump Height [in]	RSImod [m/s]	Concentric Impulse [N s]	Relative Power [W/kg]
Brett Keenman	18.90	0.56	241.45	68.0
	18.15	0.67	237.00	65.1
	17.80	0.60	225.60	64.7
	17.75	0.65	280.20	64.2
	17.65	0.60	265.70	63.9
	17.50	0.56	247.75	63.2
	17.35	0.51	264.30	63.1
	17.30	0.61	251.00	62.2
	17.15	0.54	233.90	59.6
	16.45	0.33	239.70	58.4
	16.45	0.48	272.45	56.6
	16.40	0.65	261.70	
	16.40	0.41	238.10	
	16.15	0.54	278.75	
	16.05	0.55	262.95	
	15.90	0.61	228.30	
	15.85	0.49	215.35	
	15.80	0.66	235.80	
	15.45	0.49	240.90	
	15.45	0.56	236.70	
15.35	0.40	225.65		
15.25	0.45	244.05		
15.20	0.50	231.10		
15.05	0.55	253.45		
Brett Keenman	14.99	0.48	240.84	
Total	14.99	0.48	240.84	



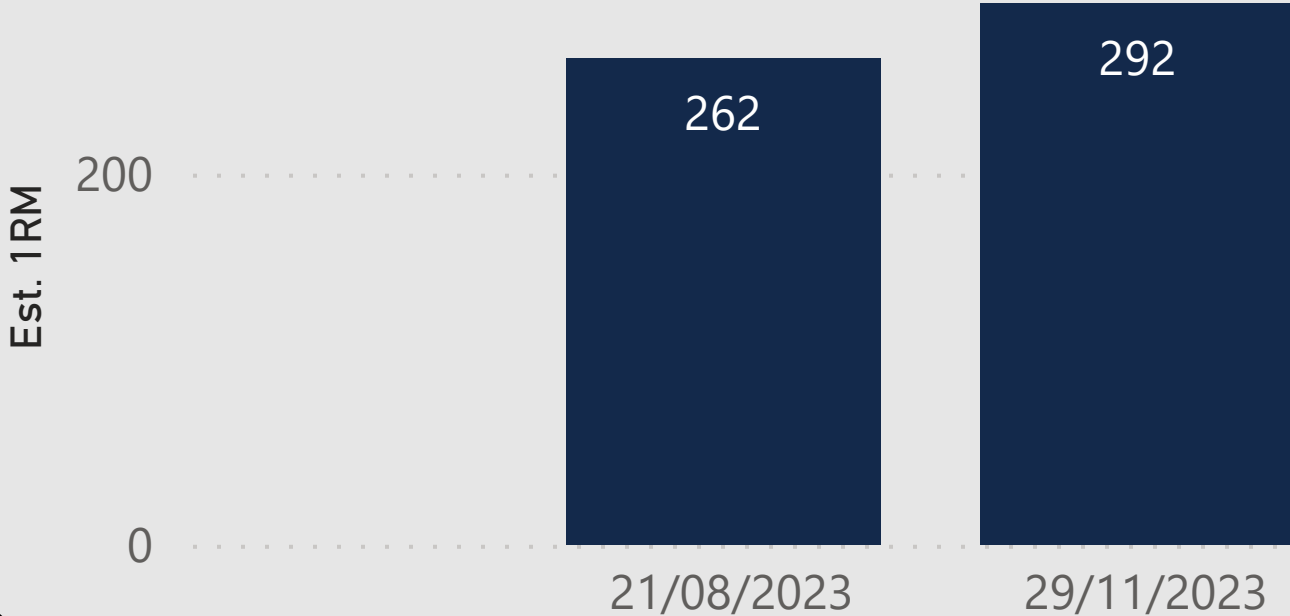
UNC Men's Lacrosse

Individual Lift Dashboard

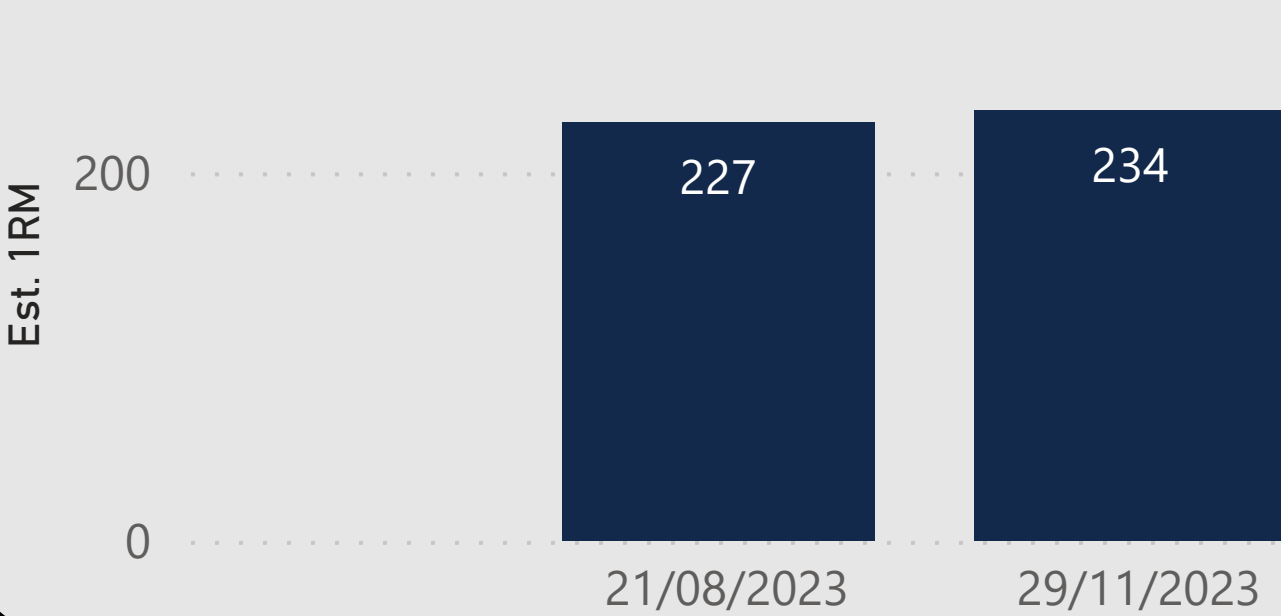
Athlete



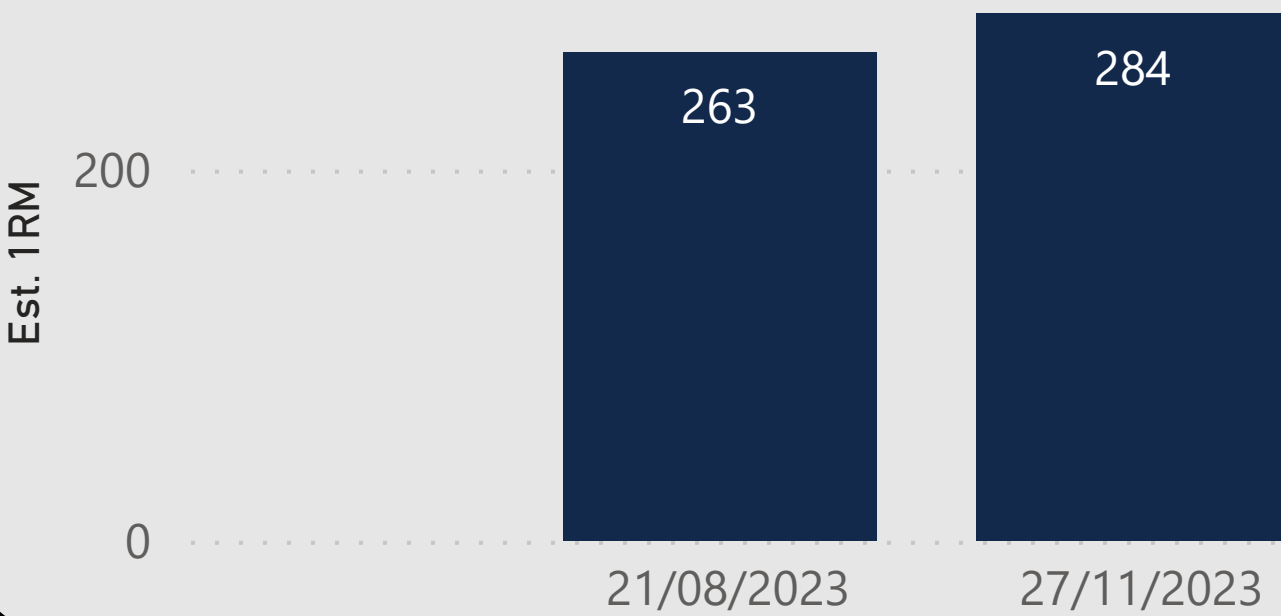
Squat



Bench



Chin-up



	21/08/2023	29/11/2023
5RM	225	225
Reps	5	9
Est. 1RM	262.13	291.83
Rel. Strength	1.45	1.57

11.33

1RM % Change

8.53

Rel. Strength % Change

	21/08/2023	29/11/2023
5RM	195	195
Reps	5	6
Est. 1RM	227.18	233.61
Rel. Strength	1.25	1.26

2.83

1RM % Change

0.25

Rel. Strength % Change

	21/08/2023	27/11/2023
5RM	45.00	45.00
Reps	15	11
Est. 1RM	263.42	284.09
Score (Rep*kg)	1,232.25	926.97

7.85

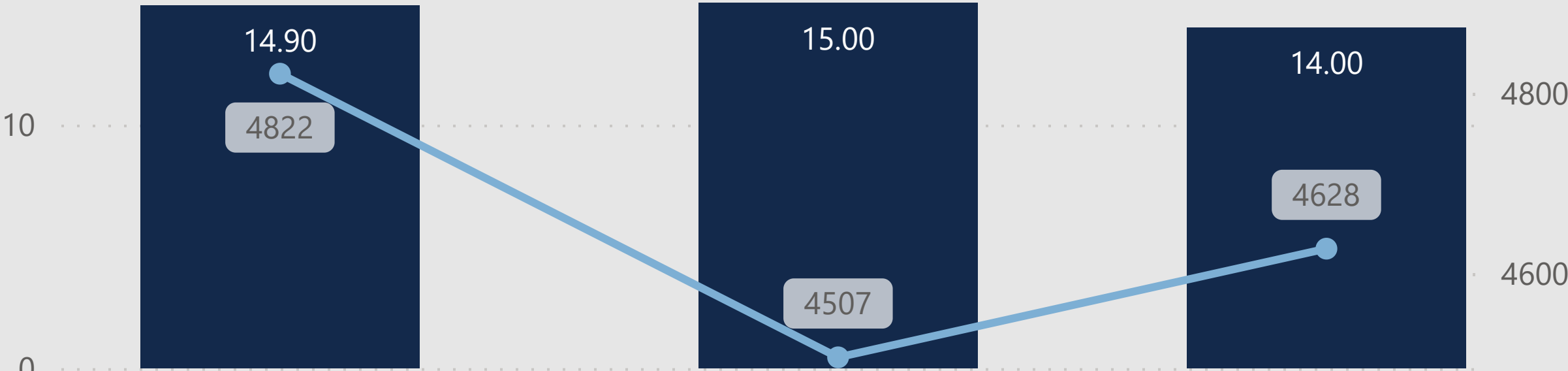
1RM % Change

-24.77

Score % Change

Power

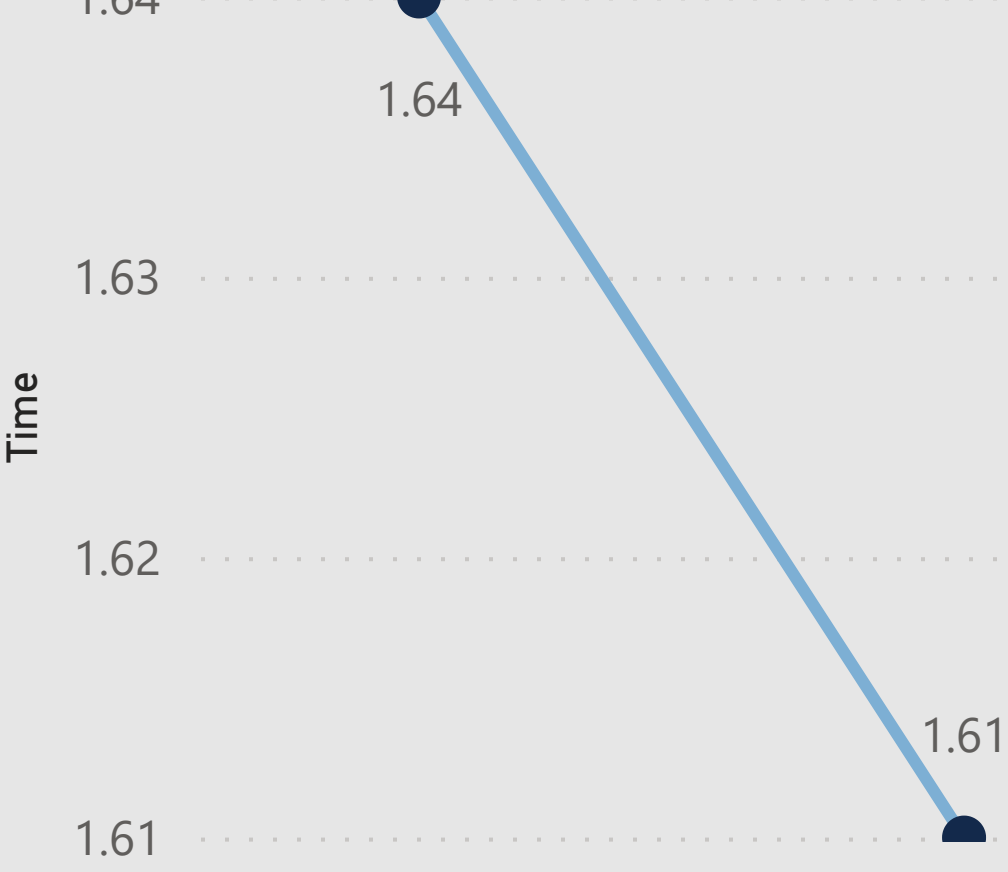
● Jump Height [in] ● Peak Power [W]



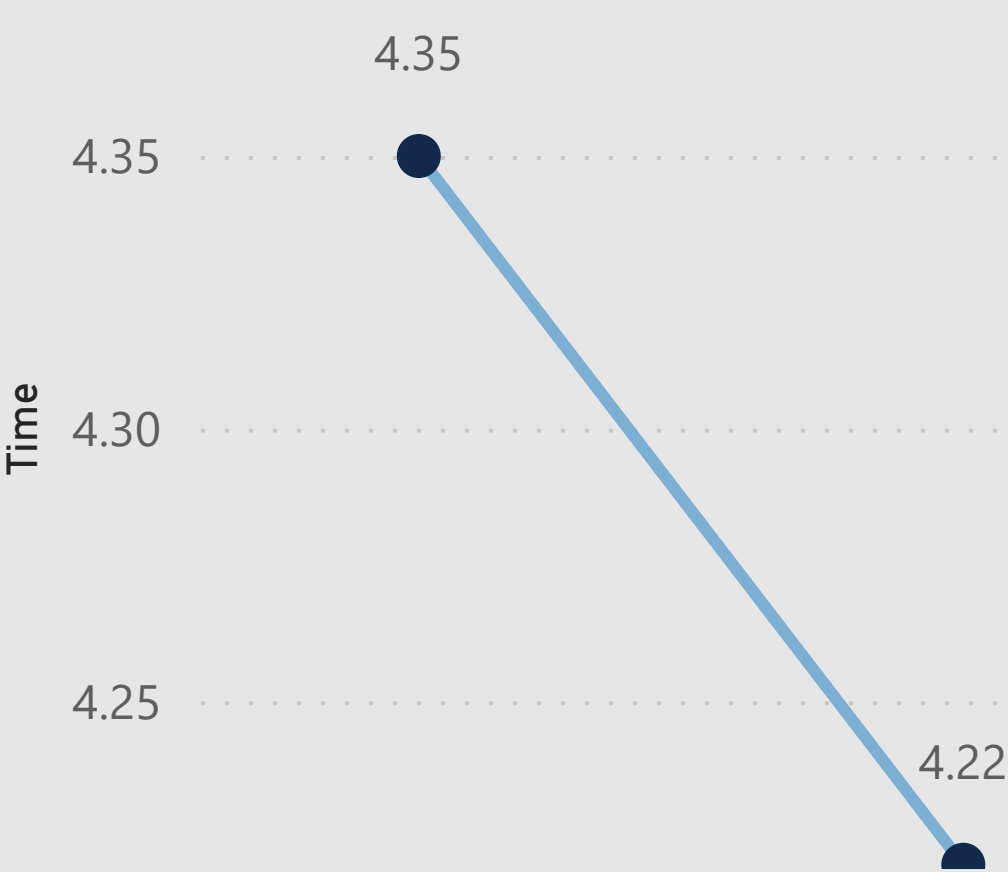
	21/08/2023	30/11/2023
Broad Jump (in)	94.00	94.00
% Change		0.00

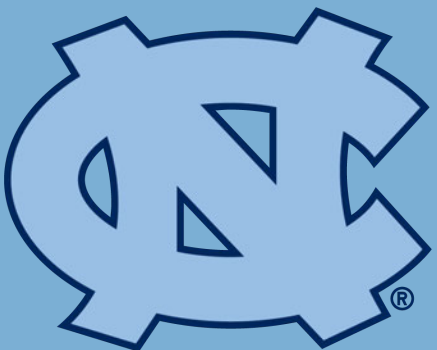
Field

10yd Max (s)



1200yd Shuttle Test (min)

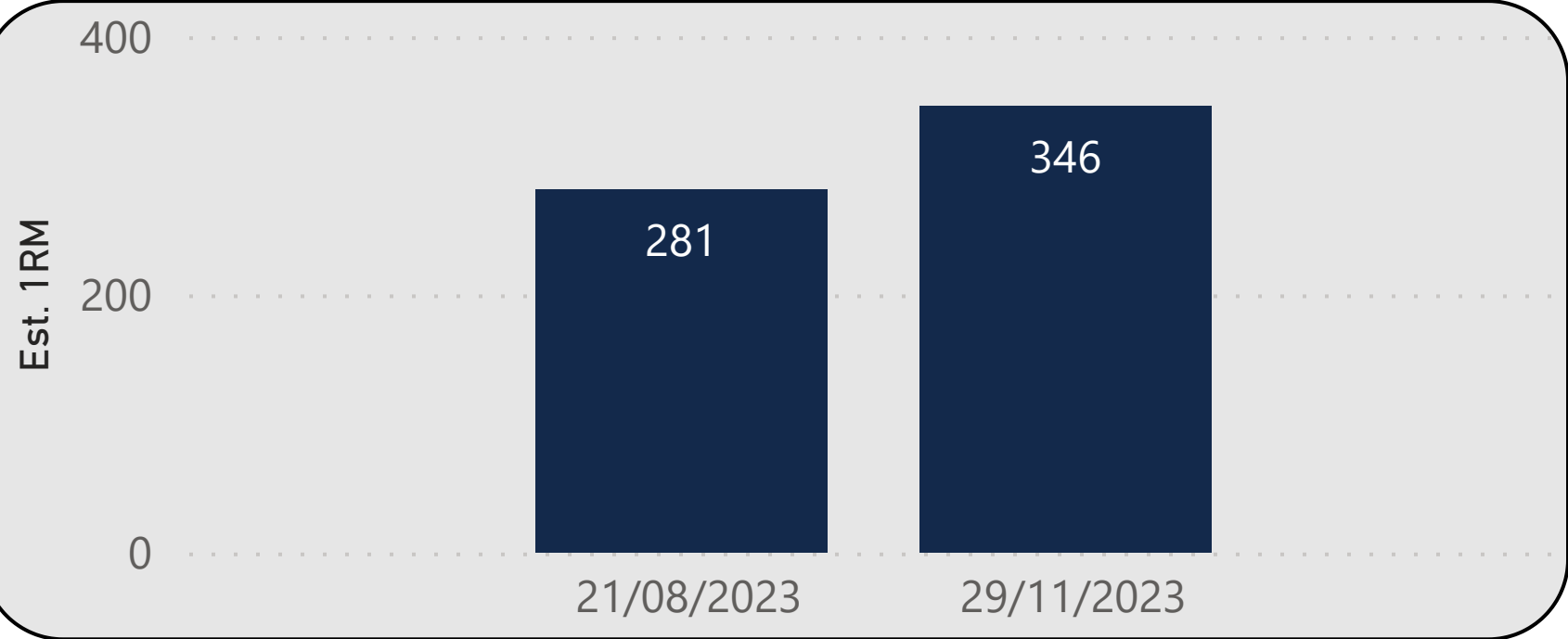




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Team Lift Testing Dashboard

Squat

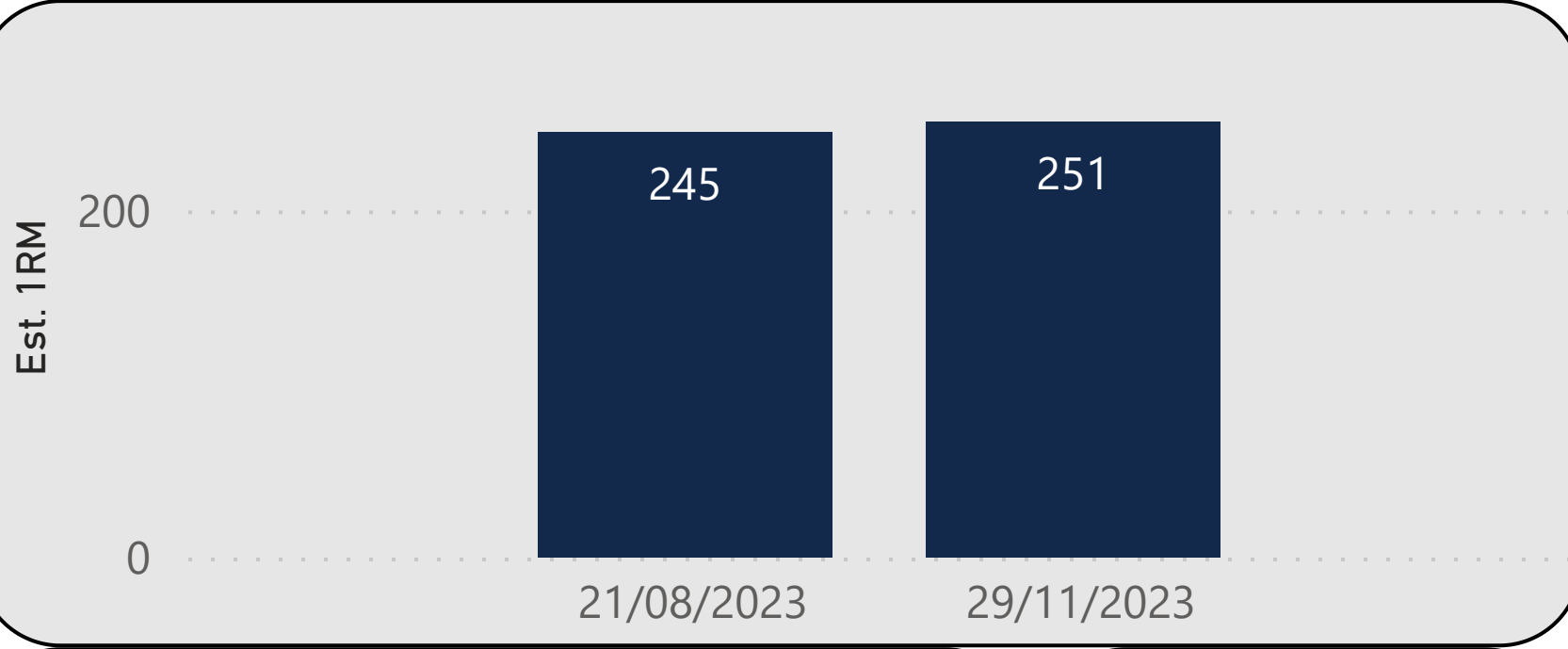


	21/08/2023	29/11/2023
	3	
5RM	241.13	241.82
Reps	5.25	12.06
Est. 1RM	281.03	345.81

20.09
1RM % Change

18.58
Rel. Strength % Change

Bench

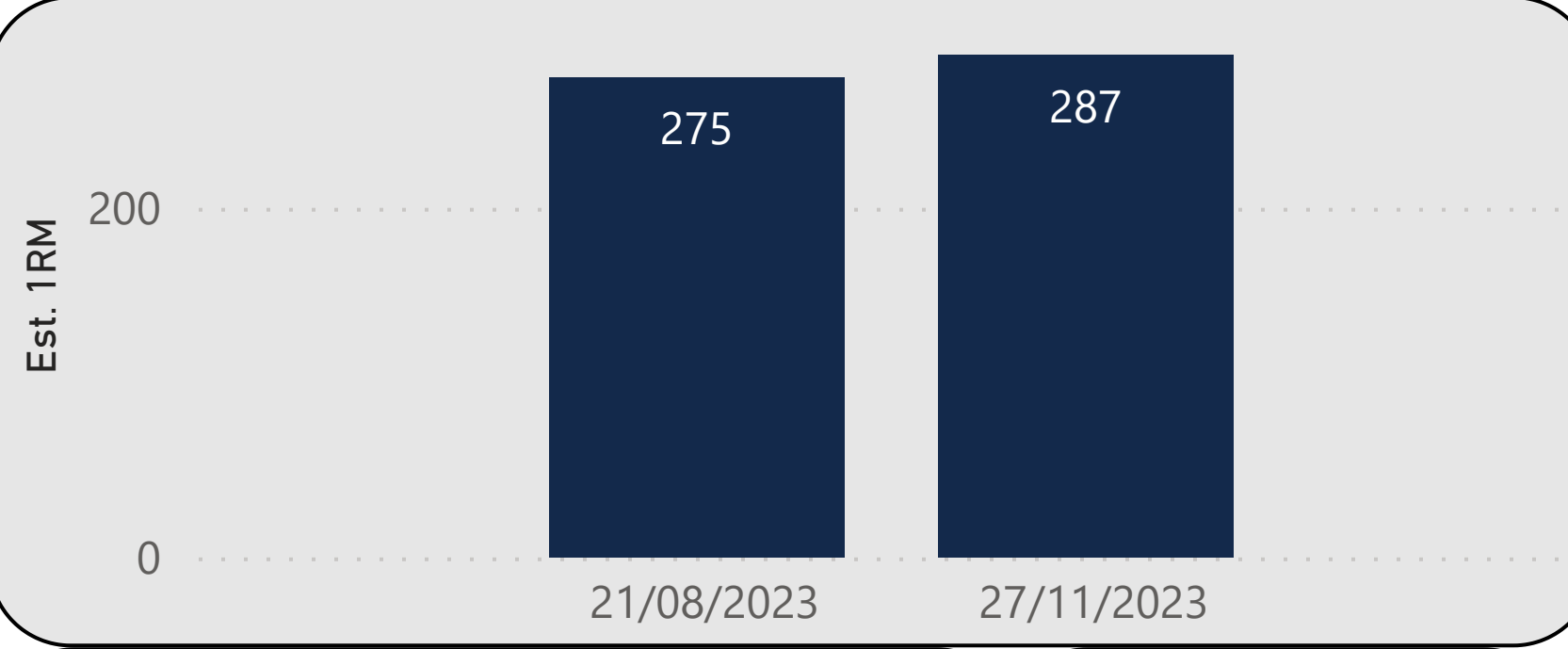


	21/08/2023	29/11/2023
5RM	204.74	200.78
Reps	4.76	8.36
Est. 1RM	245.10	250.89
Rel. Strength	1.28	1.33

6.48
1RM % Change

6.51
Rel. Strength % Change

Chin-up

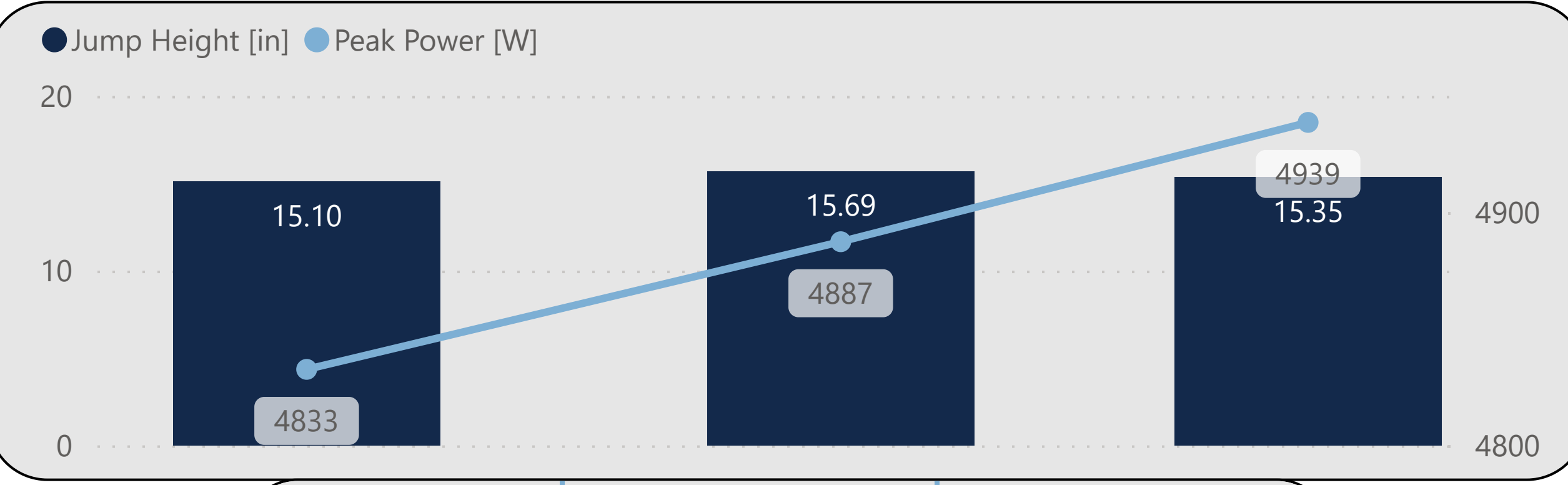


	21/08/2023	27/11/2023
	3	
5RM	53.92	53.92
Reps	15.00	15.55
Est. 1RM	274.83	287.31

2.94
1RM % Change

7.86
Score % Change

Power



	21/08/2023	30/11/2023
Broad Jump (in)	98.47	98.00
% Change		-0.71

Field

