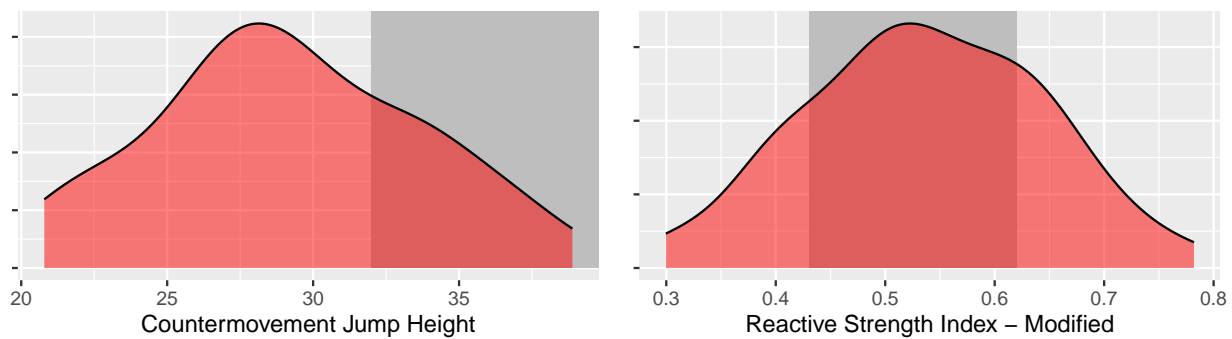


# Pro Skills Basketball

Architech Sports and Physical Therapy

## Countermovement Jump Results

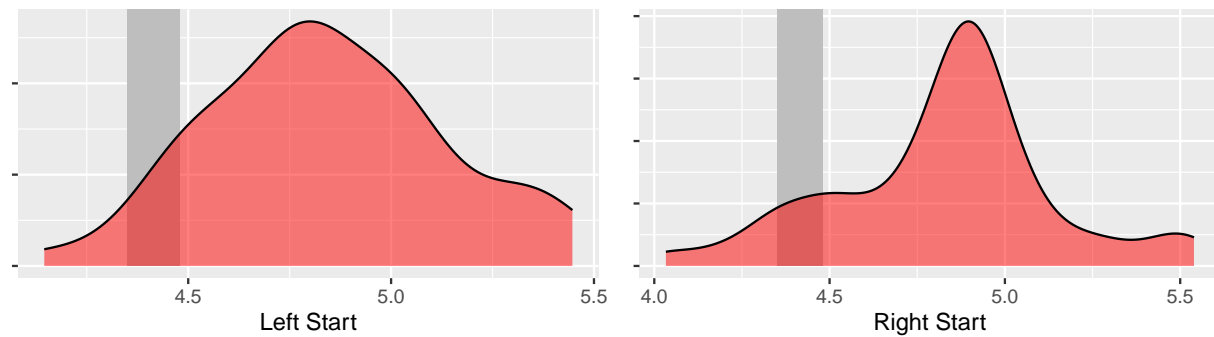


(a) Countermovement Jump Height, in centimeters

(b) Reactive Strength Index - Modified, in m/s

Figure 1: Distributions of CMJ results

## 5-10-5 Agility Shuttle Results

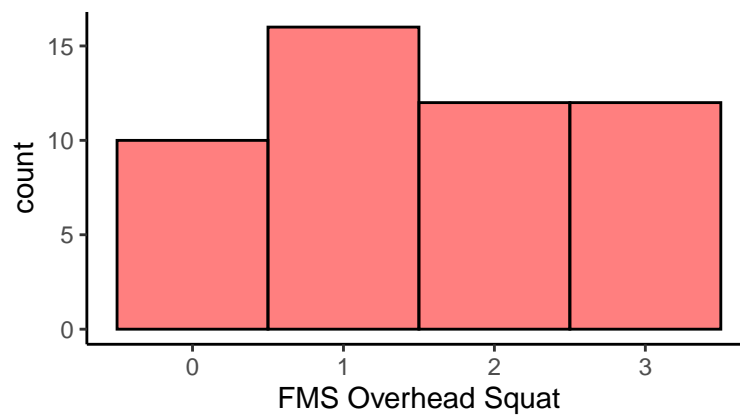


(a) 5-10-5 Agility Shuttle - Left, in seconds

(b) 5-10-5 Agility Shuttle - Right, in seconds

Figure 2: Distribution of 5-10-5 results

## FMS Overhead Squat



(a) 3: Successful completion of movement. 2: Completion with modification. 1: Unsuccessful completion even with modification. 0: Experienced pain/discomfort during movement.

Figure 3: Count of FMS Overhead Squat Scores

## Raw Data

Table 1: Summary Statistics

Variable	N	Mean	Std. Dev.	Min	Pctl. 25	Pctl. 75	Max
CMJ	50	29	4.5	21	27	33	39
mRSI	50	0.54	0.11	0.3	0.46	0.62	0.78
AgilityL	50	4.8	0.29	4.1	4.6	5	5.4
AgilityR	50	4.8	0.31	4	4.7	4.9	5.5
FMS	50	1.5	1.1	0	1	2	3

Table 2: Raw data from testing.

Athlete	CMJ	mRSI	AgilityL	AgilityR	FMS
Alexander,Odkhuu	36.80	0.72	4.76	5.00	1
Ardito,Reginald	33.93	0.41	4.42	5.00	1
Bell,Zachary	33.03	0.41	5.02	4.84	2
Bills,Zachary	22.47	0.32	4.83	4.94	2
Black,Erik	21.02	0.66	5.38	4.94	0
Cheang,Awad	24.86	0.63	5.38	5.05	1
Compean Martinez,Roshan	30.68	0.47	5.01	4.19	0
Flores,Leroy	28.92	0.57	4.67	5.44	3
Fraley,Adam	27.42	0.42	4.57	4.83	0
Garcia,Nolawee	27.08	0.53	4.57	5.15	2
Griggs,Kyle	33.80	0.39	4.59	4.90	3
Haring,Alexander	32.01	0.49	5.45	4.83	0
Helfer,Adam	28.15	0.52	5.12	4.89	2
Johnson,Peter	25.68	0.30	4.77	4.89	3
Kiefel,Markus	33.60	0.38	4.63	4.94	1
Lloyd,Kion	26.51	0.54	5.06	4.93	0
Lopez,Zong	27.16	0.57	4.80	4.94	0
Mai,Joshua	29.64	0.61	4.15	4.78	3
Martin,John	28.11	0.62	4.48	5.30	3
Mckay,Tristan	25.18	0.46	4.95	4.51	1
Medrano,Mishaari	34.09	0.53	4.56	4.77	2
Monson,Ian	26.31	0.54	4.78	4.68	1
Morales,Timothy	28.72	0.63	4.99	5.06	2
Nguyen,Anthony	31.03	0.49	4.74	4.84	3
Nobraid,Geoffrey	26.76	0.59	4.54	5.51	2
Okbamicael,Taylor	33.42	0.59	4.75	4.57	3
Padilla,Daniel	27.21	0.65	4.84	4.45	3
Parks,Anthony	31.34	0.50	4.36	4.89	3
Perez,Abdul Noor	36.88	0.50	5.02	4.36	2
Ponce-Campa,Hershel	28.43	0.46	4.79	4.84	2

Athlete	CMJ	mRSI	AgilityL	AgilityR	FMS
Ramirez,Mitchell	26.92	0.78	4.94	4.73	1
Rea,Matthew	33.59	0.64	5.05	4.60	0
Romley,Ramalaan	29.81	0.65	4.78	4.91	1
Ryan,Franciszek	21.05	0.56	4.79	4.40	3
Schultz,Guillermo	36.71	0.51	5.00	4.89	3
Smith,John	30.58	0.45	5.30	4.82	1
Terraza-Calderon,Dillon	26.91	0.67	4.77	4.67	0
Vialpando,Jonathan	30.25	0.48	5.04	5.00	0
Villa,Marcus	22.78	0.40	4.47	4.73	0
Villanueva,David	28.68	0.39	5.37	4.30	1
Weinstein,Reeves	34.83	0.52	4.96	4.95	1
Winter,Patrick	36.14	0.49	5.05	4.91	1
Yang,Izzat	38.88	0.41	4.49	5.10	1
Yazzie,Aungko	28.79	0.57	4.47	4.48	1
Zhang,Adrian Christopher	28.87	0.61	4.81	4.54	1
al-Ebrahim,Jonathan	24.11	0.64	4.70	4.34	2
al-Mowad,Bailey	31.35	0.58	4.85	4.86	1
al-Shakir,Batamgalan	20.79	0.69	4.80	5.54	3
el-Karimi,Benjamin	22.49	0.53	5.26	4.03	2
el-Pirani,Timothy	23.98	0.72	5.24	5.24	2