

# Cole Cates

## Performance Assessment Overview - September 02, 2025

### Athlete Body Weight:

Body Weight: 191.8 (lbs)

### Countermovement Jump Performance:

Peak Power: 4641.44 (W) - 78.2%

Concentric Impulse: 235.64 (Ns) - 82.92%

Eccentric Braking RFD: 3729.06 (N/s) - 39.78%

Body Mass Relative Peak Power: 53.35 (W/kg) - 54.38%

### Plyometric Push Up Performance:

Peak Concentric Force: 1166.42 (N) - 65.69%

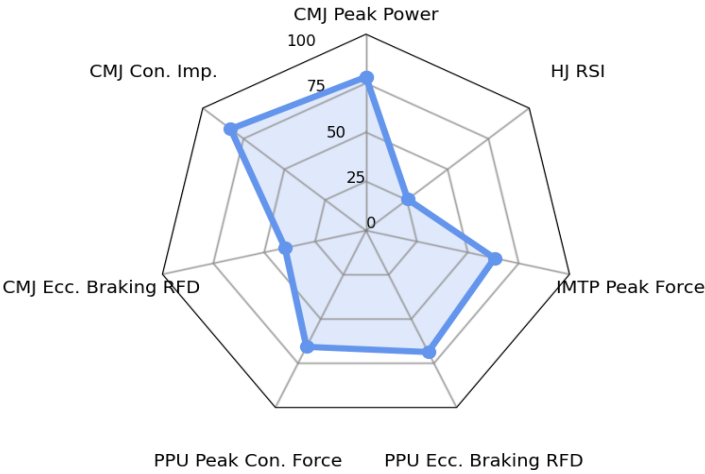
Eccentric Braking RFD: 2825.84 (N/s) - 68.63%

### Isometric Mid Thigh Pull Performance:

Peak Vertical Force: 2723.42 (N) - 63.16%

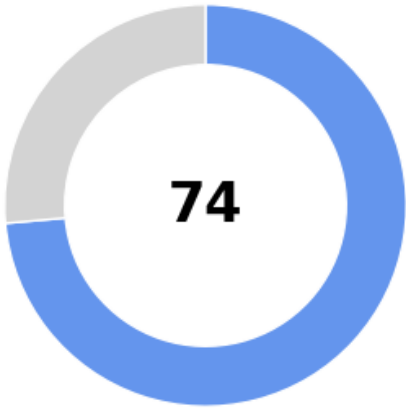
### Hop Jump Performance:

HJ Reactive Strength Index: 1.73 - 25.54%



### Composite Score: 73.59

Your composite score condenses multiple performance metrics into one simple number reflecting your overall athleticism. It shows how you rank within NextEra's in-house athletes, giving you a clear sense of where you stand. This powerful metric serves as a benchmark for tracking progress and driving performance.



### Coaches Notes:

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