

Cole Cates

Performance Assessment Overview - September 02, 2025

Athlete Body Weight:

Body Weight: 191.8 (lbs)

Countermovement Jump Performance:

Peak Power: 4641.44 (W) - 68.93%

Concentric Impulse: 235.64 (Ns) - 76.07%

Eccentric Braking RFD: 3729.06 (N/s) - 33.57%

Body Mass Relative Peak Power: 53.35 (W/kg) - 42.5%

Plyometric Push Up Performance:

Peak Concentric Force: 1166.42 (N) - 59.09%

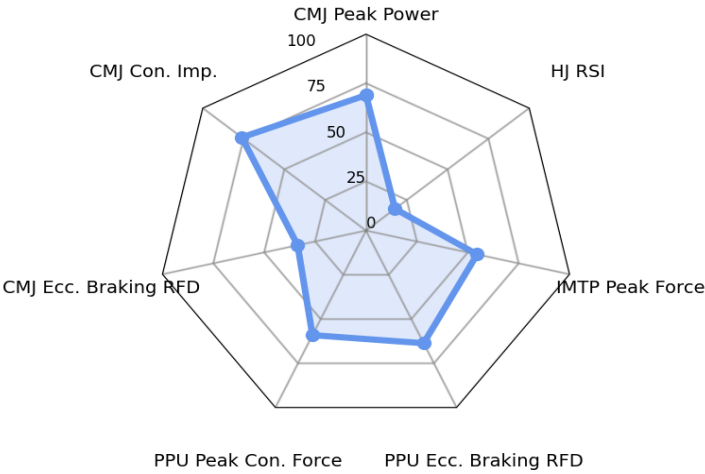
Eccentric Braking RFD: 2825.84 (N/s) - 63.64%

Isometric Mid Thigh Pull Performance:

Peak Vertical Force: 2723.42 (N) - 54.55%

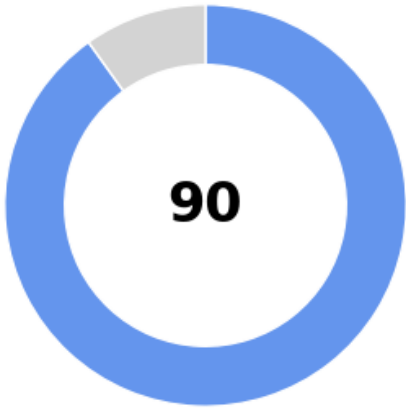
Hop Jump Performance:

HJ Reactive Strength Index: 1.73 - 17.76%



Composite Score: 90.11

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:

