

Cole Cates

Performance Assessment Overview - September 02, 2025

Countermovement Jump Performance:

Peak Power: 4641.44(W) - 74.19%

Concentric Impulse: 235.64(Ns) - 79.84%

Eccentric Braking RFD: 3729.06(N/s) - 37.1%

Body Mass Relative Peak Power: 53.35(W/kg) - 48.92%

Plyometric Push Up Performance:

Peak Concentric Force: 1166.42(N) - 64.65%

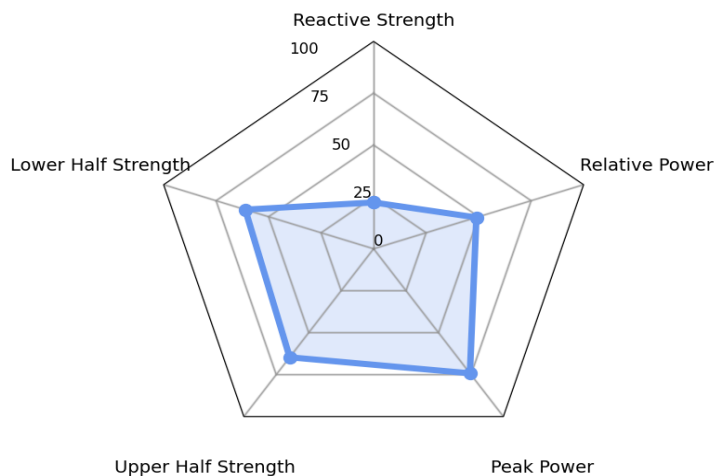
Eccentric Braking RFD: 2825.84(N/s) - 68.69%

Isometric Mid Thigh Pull Performance:

Peak Vertical Force: 2723.42(N) - 61.11%

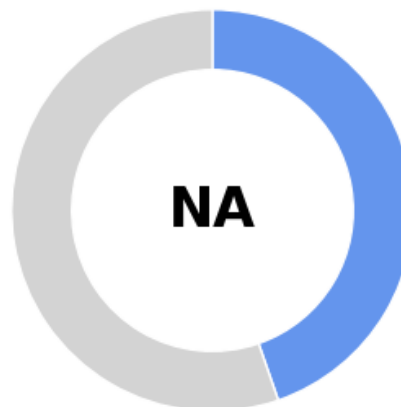
Hop Jump Performance:

HJ Reactive Strength Index: 1.73 - 22.33%



Composite Score: 44.69

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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