**«First\_Name» «First\_Name»** Age: «First\_Name» Position: «First\_Name»

***Rocket Rating - «First\_Name» Combine-Only Rating - «combineRanking»***

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Anthropometric Measurements** | **Value** | / | **% Rank** |  | **Combine Measurements** | **Value** | / | **% Rank** |
| Height w/o Shoes (ft’in): | «val\_Ht\_wo\_shoes» | / | «pct\_Ht\_wo\_shoes» |  | **Vertical Explosiveness** |  |  |  |
| Standing Reach (ft’in): | «val\_StandReach» | / | «pct\_StandReach» |  | Max Jump Height (ft’in): | «val\_JumpHt» | / | «pct\_jumpHt» |
| Wingspan (ft’in): | «val\_Wing» | / | «pct\_Wing» |  | Standing Vertical Jump (in): | «val\_standMaxVert» | / | «pct\_stantMaxVert» |
| Wingspan/Height Differential (in): | «val\_WingHt» | / | «pct\_Wing\_Ht» |  | Max Vertical Jump (in): | «val\_maxVert» | / | «pct\_MaxVert» |
| Body Weight (lbs): | «val\_BW\_lbs» |  | «pct\_BW\_lbs» |  | Lateral Agility/COD | Combine Grade - |  |  |
| Body Fat (%)): | «val\_Bfat\_pct» |  | «pct\_Bfat\_pct» |  | Lane Shuttle – Moving Right (s): | «val\_LaneShut\_R» |  | «pct\_LaneShut\_R» |
| Hand Length (in): | «val\_HandLen» |  | «pct\_HandLen» |  | Lane Shuttle – Moving Left (s): | «val\_LaneShut\_L» |  | «pct\_LaneShut\_L» |
| Hand Width (in): | «val\_HandWid» |  | «pct\_HandWid» |  | Lane Agility (s): | «val\_LaneAgility» |  | «pct\_LaneAgility» |
|  |  |  |  |  | Acceleration/Speed Ability |  |  |  |
|  |  |  |  |  | ¾ Court Sprint Speed (s): | «val\_3qrtSpeed» |  | «pct\_3qrtSpeed» |

|  |  |  |  |
| --- | --- | --- | --- |
| **Rockets Athletic Performance Measurements** | Value | / | % Rank |
| **Vertical Force Generation – Force Plate CMJ** | Rocket Grade | - |  |
| Bilateral Drive Acceleration – (Concentric Impulse (Ns)} | «val\_CM\_conImp» | / | «pct\_CM\_comImp» |
| Bilateral Braking Force – (Force at Zero Velocity) | «val\_CM\_fzero» | / | «pct\_CM\_fzero» |
| Bilateral Power relative to BW – (Rel. Peak Power) | «val\_CM\_relPP» | / | «pct\_CM\_relPP» |
| Bilateral Overall Strength – (Peak Power(W)} | «val\_CM\_PP» | / | «pct\_CM\_PP» |
| Reactive Strength – (Modified RSI) | «val\_CM\_RSImod» | / | «pct\_CM\_relPP» |
| **2nd Jump Explosiveness – Force Plate Drop Jumps** | Rocket Grade |  |  |
| Springiness – Contact Time (s) | «val\_DJ\_CT» | / | «pct\_DJ\_CT» |
| Verticality Ability – RSI | «val\_DJ\_RSI» | / | «pct\_DJ\_RSI» |
| **Acceleration / Speed Ability** | Rocket Grade |  |  |
| Speed - 3/4 Court Sprint Speed^ (s) | «val\_3qrtRock» | / | «pct\_3qrtSpeed» |
| Foot Quickness – Quick board Platform | «val\_QB» | / | «pct\_QB» |
| First 3 Step Acceleration - 10 m Sprint (m) | «val\_10m» | / | «pct\_10m» |
| **Lateral Explosion – Lane Shuttle Drill** | Rocket Grade |  |  |
| Lane Shuttle Moving Left (s) | «val\_shutLRock» | / | «pct\_shutLRock» |
| Lane Shuttle Moving Right (s) | «val\_shutRRock» | / | «pct\_shutRRock» |
| **Lower Body Single Leg Balance/Stability** | Rocket Grade |  |  |
| Imbalance – Right vs. Left Difference#^ | «val\_imbalance» | / | «pct\_imbalance» |
| Imbalance- Right vs Left - Quick board Platform |  |  |  |
| **Single Legged Force Generation – Force Plate SL Jumps** | Rocket Grade |  |  |
| Eccentric Mean Force (Left) | «val\_SL\_EccMean» | / | «pct\_SL\_EccMean» |
| Eccentric Mean Force (Right) |  |  |  |

**Rockets Athletic Performance Measurements Value / % Rank**

**Vertical Force Generation – Force Plate CMJ *Rocket Grade – 4***

Bilateral Drive Acceleration – (Concentric Impulse (Ns)} 283.2 / 51.2%

Bilateral Braking Force – (Force at Zero Velocity) 5444 / 99.7%

Bilateral Power relative to BW – (Rel. Peak Power) 78.2 / 90.84%

Bilateral Overall Strength – (Peak Power(W)} 7568 / 88.88%

Reactive Strength – (Modified RSI) 0.62 / 21.81%

**2nd Jump Explosiveness – Force Plate Drop Jumps *Rocket Grade – 3***

Springiness – Contact Time (s) .228 / 48.65

Verticality Ability – RSI 2.48 / 65.32

**Acceleration / Speed Ability *Rocket Grade –***

Speed - 3/4 Court Sprint Speed^ (s) 3.37 /

Foot Quickness – Quick board Platform 64 /

First 3 Step Acceleration - 10 m Sprint (m) 1.74 /

**Lateral Explosion – Lane Shuttle Drill *Rocket Grade – 4***

Lane Shuttle Moving Left (s) 2.38 /

Lane Shuttle Moving Right (s) 2.54 /

**Lower Body Single Leg Balance/Stability *Rocket Grade –***

Imbalance – Right vs. Left Difference#^  /

Imbalance- Right vs Left - Quick board Platform /

**Single Legged Force Generation – Force Plate SL Jumps *Rocket Grade –***

Eccentric Mean Force /

**Additional Analysis/Notes**

**Rocket Athletic Rating (1=Poor-0-10%, 2= Below Average-10-30%, 3=Average-30-70%, 4=Above Average-70-90%, 5=Excellent-90-100%)**

^ lower value = better performance