

DYNAMIC PERFORMANCE EVALUATION

This evaluation assesses five key focus areas of athleticism: power, quickness, speed, symmetry, and brain speed.

ID	Sample Athlete	HEIGHT	68.00
AGE	14y-11m-3d	WEIGHT	146.2
EVAL DATE	3/15/2021	SPORT	Baseball
AVG SLEEP	8+	POSITION	MIF

THE LODEN SCORE SYSTEM

The Loden Score System provides an overview of how the athlete is wired. Each of the below metrics is correlated to performance in the competitive sport environment.

- *POWER – think impact with the lower half – throw hard, hit hard – and do it easy.*
- *QUICKNESS – think twitchiness or ability to change direction. Certain sports require an athlete to not only move with power, but to do so quickly.*
- *SPEED – think top-end speed potential. Some athletes tap into their top-end speed potential, others may not tap into their top-end speed potential due to the physical requirements of their position, however, that doesn't mean that it isn't in there.*
- *LODEN – a weighted conglomerate of the Power, Quickness, and Speed Scores that yields an "overall" score.*

METRIC	Power	Quickness	Speed	Loden
SCORE	0	3	6	1

Loden Score System Age Averages				
School Age	Power	Quickness	Speed	Loden
Grade 7	0.2	3.3	2.1	0.6
Grade 8	0.7	3.8	3.3	1.3
Grade 9	1.5	4.3	3.9	2.2
Grade 10	2.8	4.8	4.8	3.3
Grade 11	4.3	5.1	5.8	4.8
Grade 12	4.2	5.4	6.2	4.8
Freshman	5.7	6.1	6.2	5.8
Sophomore	6.0	6.0	6.0	5.8

RUN TIMES

METRIC	COUNT	MEASURE	STATUS
10 YARD SPLIT	1.67	Seconds	GOOD
30 YARD SPLIT	3.88	Seconds	GOOD
FLY 20 SPLIT	2.21	Seconds	AVERAGE

COUNTER MOVEMENT JUMPS

METRIC	COUNT	MEASURE	STATUS
Average Height	13.6	Inches	NEEDS IMPROVEMENT
Average Power	44.6	Power Quotient	NEEDS IMPROVEMENT
Average RSI (Quickness)	1.13	FT/GCT	FAIR

An assessment where an athlete jumps as high as they can, as quick as they can, three times, in rapid succession. This assessment is packed full of athletic insights on power, quickness, and speed.

SINGLE LEG JUMPS

METRIC	COUNT	MEASURE	STATUS
Average Height Left Leg	5.2	Inches	NEEDS IMPROVEMENT
Average Height Right Leg	6.2	Inches	NEEDS IMPROVEMENT
Average Power Left Leg	27.6	Power Quotient	NEEDS IMPROVEMENT
Average Power Right Leg	30.1	Power Quotient	NEEDS IMPROVEMENT
Average RSI (Quickness) Left Leg	0.70	FT/GCT	FAIR
Average RSI (Quickness) Right Leg	0.82	FT/GCT	FAIR

An assessment where an athlete jumps as high as they can, as quick as they can, five times, in rapid succession, on just their right leg – and then on just their left leg. This assessment provides insights into single leg power and the quickness with which the athlete executes that power.

ASYMMETRY

METRIC	MEASURE	DIFFERENCE	LEG DOMINANCE	SEVERITY
Single Leg Power L-R Differential	Power Quotient	-9.2%	RIGHT	SLIGHT
Single Leg RSI (Quickness) L-R Differential	Flight / Contact	-16.1%	RIGHT	SIGNIFICANT

An extension of the Single Leg Jumps insights, asymmetry refers to the difference in power output and quickness between the left leg and right leg of the athlete. Asymmetry is common for many athletes, however, **if an athlete has “Significant” asymmetry severity, it could be addressed by a professional.** This could be an indicator of past injury that hasn’t fully healed or future injury (larger asymmetry creates a greater risk for injury).

VISUAL REACTION

METRIC	COUNT	MEASURE
Average Reaction Time	0.812	Seconds
Average Reaction Jump Height	13.9	Inches

An assessment where an athlete jumps as high as they can from a loaded stance (knees in slight flexion and arms ready to swing) in which the athlete reacts to a **visual stimulus**. Reaction time and jump height is recorded. The athlete does this three times. Think about a line drive that a third baseman has to jump to try and catch – how quickly can they react and get up to their highest point?

ACOUSTIC REACTION

METRIC	COUNT	MEASURE
Average Reaction Time	1.412	Seconds
Average Reaction Jump Height	13.2	Inches

An assessment where an athlete jumps as high as they can from a loaded stance (knees in slight flexion and arms ready to swing) in which the athlete reacts to a **sound**. Reaction time and jump height is recorded. The athlete does this three times. Think about a basketball player being chased down from behind on their way to a lay-up – sometimes sports require a non-visual read to adjust movement or action.