

POWER STRENGTH

TRAINING SYSTEMS

PSTS Athlete Performance Testing

Why Do We Test?

If it's important it must be measured. Performing regular performance testing allows PSTS Coaches, parents, and athletes to see the progress in training. Adjustments and feedback can then be expertly given based off of what the numbers tell us. Having these numbers also holds us at PSTS accountable to always do our best to deliver results. After testing thousands of athletes, making adjustments for the most optimal results are always clearer with the testing data.

Who and When Do We Test?

We test all high school athletes within their first week of the start of their membership. From there, we have athlete testing periods scheduled on the calendar every 10-12-weeks. For the best results and feedback, it is imperative athletes complete multiple testing periods to gauge progress.

We will perform more informal test with certain youth athletes as needed. *Many factors go into achieving both accurate and progressive tests both in the gym and out. We do our best to educate all athletes about these factors and are always looking for ways to improve performance.

What Is Tested?

An overall approach to testing performance is taken. It goes beyond simply testing maximal strength (1-rep or 3-rep maxes) and encompasses all phases of athleticism. *It should be noted that testing maximal strength with developing or beginner athletes is dangerous and irresponsible. We test the following with high school athletes:

Speed – 10yd Sprint (fully electric timing)

Lower Body Power and Explosiveness – Broad (horizontal) Jump and Vertical Jump

Upper Body Strength – Push-Up and Chin-Up

Body Composition – InBody Scale

*Lower Body strength is ongoing from week-to-week based on the reps/weight used for each exercise. Simply put, the improvements in lower body strength in the PSTS program are always a given with consistent training.

*If needed, advanced athletes will work up to heavier sets throughout certain times of the year to “test” their best barbell exercises with strict form.

How Are The Tests Communicated?

Within 7-10 days after the testing period, each athlete receives an Athlete Progress Report. This progress report is emailed to the primary parent email account we have on file. The testing results and feedback from a PSTS coach are included.

The Immeasurable

The testing numbers are always important to track and record. However, the numbers themselves do not reveal the whole story. There are certain characteristics of training that cannot be measured. Confidence, respect, responsibility, a positive attitude, work ethic, and discipline – are all attributes that are emphasized while at PSTS that won't show in inches, reps, or seconds. These benefits and improvements are ongoing and best communicated with constant feedback between parents, athletes, and PSTS coaches.