The Department of Kinesiology, L.I.F.E. Program, and the Functional Intensity Training Lab are offering athletes in 8th grade and up the opportunity to participate in scientific fitness testing. Athletes will be able to compare their results to other population norms and track their own progress should they want to re-test at later dates. This will help athletes better understand their strengths and areas to improve.

**DATE:** Sat., April 7, 2018  
**Time:** 8 am—12 pm  
**Location:** Natatorium 4  
(Re-Test—Sat, June 2, 2018, 8 am –12 pm, same location)

The following tests will be administered using the latest technology including: Vertek Vertical Jump system (used at the NFL combine), Electronic timing gates, Stadiometer, and Tanita Body Composition Scale.

**Testing Menu:**  
300 Yard Shuttle (Anaerobic Capacity)  
Vertical Jump (Power)  
40-yd Sprint (Speed)  
Pro Agility (Agility)  
Body Composition (Height, Weight, and Percent Body Fat)

**Testing Staff:** Christian Larson, MS, Jesse Stein MEd

**Cost:** $30/athlete  
**Team Discount:**  
25+, $20/athlete