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., June 10, 2017  
**Time:** 8 am—12 pm  
**Location:** Natatorium 4  
(Re-Test—Sat, August 12, 2017, 8 am –12 pm, same location)

**Testing Menu:**

1) **Field/Court Athletes:** 300 Yard Shuttle (Anaerobic Capacity), Vertical Jump (Power), 40 Sprint (Speed), Pro Agility (Agility)  
2) **Soccer Athletes:** Wingate (Anaerobic Capacity), Pro Agility (Agility), Vertical Jump (Power), 12 min run (Aerobic Capacity)  
3) **Endurance Athletes:** 300 yard Shuttle (Anaerobic Capacity), 12 min run (Aerobic Capacity), Vertical Jump (Power), Flexibility

**All athletes** will receive height/weight and percent bodyfat measurements.

Testing Staff: Christian Larson, MS, Jesse Stein MEd

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The following tests will be administered using the latest technology including: Vertek Vertical Jump system (used at the NFL combine), Research grade Force Plate measuring ground reaction forces, Research Grade Monarch Cycle Ergometers, Stadiometer, Electronic timing gates, and Tanita Body Composition Scale.

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**Cost:** $150/athlete  
**Team Discounts:**  
25+, $125/athlete  
50+, $100/athletes  
75+, email for pricing