Parker's Most Explosive Athlete

PIVOTAL SPORTS PERFORMANCE

Athletes will compete in a series of tests and drills and rank among their peers

✔️ **Jump Testing:**
- Broad Jump - How far can you launch out?
- Vertical Jump - How high can you jump?
- 10/5 RSI - How quickly you can bounce off the ground and keep power?

✔️ **Sprints:**
- 10yd Dash - How quickly you can accelerate from a static position?
- 5/10 Sprint - How quickly can you build speed in a short distance?
- 10/10 Sprint - How fast can you really get up to?

✔️ **Change of Direction:**
- 180 Degree Test - How quickly can you stop, cut and go?

This is your chance to put your training to the test in a competitive, high-energy environment built to bring out your best performance!

Test your explosiveness.

Sign up and show up ready to compete!

Monday, 11/23
12 PM
Pivotal Sports Performance

Open To:
All Athletes
All Skill Levels

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