

## **Athletic Performance Testing - Individual or Team**

Tiger Coaching & Personal Training will perform athletic performance testing, supply the equipment, and supply testing results including a performance index score as used by Husker Power.

The following tests will be conducted or as requested.

1. Lean Body Mass & Body Composition with calipers
2. Vertical Jump with a Vertex
3. Pro Agility Run
4. 40 yd Dash
5. 10 Yd. Dash

- Testing will take place at your school site or Facility, or at Tiger Coaching Fitness Center.
  - Fitness Testing Pricing:
    - 1-10 athletes: \$35 per person
    - 11-25 athletes: \$25 per person
    - 26-50 athletes: \$20 per person
    - 50+ athletes: \$15 per person
- \*\*Ask about reduced pricing if you do not require all five tests.
- Mileage: 0.35 a mile charged for testing outside the City of Lincoln

