

# Chris Pettinari Case Study

Date: 3/16/16

## 1. Personal Evaluation

Name:	Chris Pettinari
Age:	15
Team / School:	Easton High School, ENCO United
Sports Played:	Soccer
Injury History:	None

## 2. Assessment Data

Pre Assessment		Post Assessment	
<b>Date:</b>	6/15/15	<b>Date:</b>	2/24/16
<b>Broad Jump</b>	69.5"	<b>Broad Jump</b>	88.5"
<b>Pro Agility</b>	5.27 seconds	<b>Pro Agility</b>	4.89 seconds
<b>Sprint Test</b>	6.1 seconds	<b>Sprint Test</b>	5.68 seconds
<b>1 Min Push Ups</b>	15	<b>1 Min Push Ups</b>	44
<b>300-Yd Shuttle</b>	69 seconds	<b>300-Yd Shuttle</b>	68 seconds

## 3. Assessment Standard

Established Performance Standards	
15-17 yr Athlete Standard	
<b>Broad Jump</b>	96"
<b>Pro Agility</b>	4.5 seconds
<b>Sprint Test</b>	5.3 seconds
<b>1 Min Push Ups</b>	40
<b>300-yd Shuttle</b>	60 seconds

#### 4. Reflection: (Personal Goals, Testimonial)

- Chris demonstrates an above average athletic ability for his age based off our standards. He just turned 15 within the last 2 months and he has 2 years to meet and exceed the standards we have set. The standards we have established are measurements for athletes to meet or exceed if they want to perform at a highly competitive level
- **Pre-Program Goals:**
  - Get stronger and faster so Chris can keep up with the constant challenges during competitive play
- **Goals following post evaluation**
  - Chris, *"Have my broad jump break 120", and be able to do 20 pull ups without stopping."*

#### 5. Summary:

##### 1. Describe the program phase and objectives

- During the Fall Program:
  - Our priority was initially to develop a strong foundation of speed of movement and relative strength. Our objective was to improve Chris's bodyweight strength which we knew would translate to him improving his acceleration and speed. He was inseason during the Fall so our objective with developing strength was to focus on developing technique within the human movements (hinge, squat, push, pull, loaded carry).
- During the Winter Program:
  - Our priority during the Winter program was to build absolute strength on top of the relative strength we had built a foundation on. His mechanics and technique were very solid so we were able to progress to more advanced movements. We introduced more overload with the Olympic lifts which we know translated into more explosive ability and as a result his broad jump sky rocketed.

##### 2. How has this benefited the client?

- Chris, *"It has been a very good and character building experience. I have gotten much stronger and faster. I am much more confident, and feel a great increase in almost every aspect of my play."*

##### 3. Were any challenges encountered?

- We did not experience any challenges with Chris at all. Commonly we see a challenge with commitment to the program but Chris has been with us 2-3 times a week for the last 6-7months. The take home point here is that long-term commitment is the path to achieve athletic success. When athletes are committed, their ability to achieve success within their sport is more attainable.

##### 4. Where are we headed and why?

- Our goal with Chris now is to begin measuring his absolute strength and get him stronger within the 5 Fundamental Movements (hinge, squat, push, pull, loaded carry). We will be testing him on his

Hang Clean, Dead Lift, Front Squat and Bench Press. We measure these lifts as a 3 rep max. We will continue to fine tune his movement mechanics so we can continue to improve his change of direction and acceleration. We will be focusing on his metabolic conditioning because soccer is a very aerobic sport. We want to develop all energy systems so Chris has the ability to be explosive for short durations but also improve his redirection on the field and track down opponents over a long duration. We will build strength, improve stamina, increase speed potential and keep Chris focused on long-term success.