

Olivier Sylvain #10



MAX ACC (M/S)

5.06
4.99

Max Acc

MAX VELOCITY

21.4
20.8

Max Vel (mph)

AVERAGE PLAYER LOAD

1571
553

Avg PL (Sess)

AVERAGE DISTANCE

15538
5243

Avg Dist (Sess) (y)

COUNTER MOVEMENT JUMP

Vertical: 16.2 IN (+2%)

ISO BELT SQUAT

Iso Belt Squat: 83.97 N/kg (+56%)

HOP TEST

RSI (Hop Test): 1.66 Flight / Contact Time (+17%)

| | Avg Dist (Sess) (y) | Tot PL | Max Vel (mph) |
|-----------------------------------|---------------------|--------|---------------|
| Vs. Dominican (Exhibition) | 12086 | 1115 | 19.62 |
| Exhibition #2 | 14055 | 1228 | 18.78 |
| G1 vs. Utah Tech | 15610 | 1651 | 19.83 |
| G2 vs. Detroit Mercy | 15316 | 1552 | 17.71 |
| G3 vs. SJSU | 14629 | 1532 | 16.24 |
| G4 vs UCR | 15698 | 1637 | 19.30 |
| G5 vs CSU Bakersfield | 16653 | 1741 | 19.61 |
| G6 vs Cal | 16391 | 1720 | 21.39 |
| G7 vs UC Davis | 16231 | 1705 | 19.06 |
| G8 vs Sac State | 15660 | 1620 | 16.92 |
| G9 vs Air Force | 15622 | 1564 | 19.50 |
| C1 vs USD | 15978 | 1566 | 18.15 |
| C2 vs Gonzaga | 15944 | 1645 | 20.11 |
| G12 vs Stanford | 16166 | 1582 | 16.89 |
| C3 vs Pacific | 16409 | 1645 | 21.31 |
| C4 vs Santa Clara | 15196 | 1568 | 18.92 |
| C5 vs St. Mary's | 16166 | 1631 | 19.38 |
| C6 vs LMU | 15534 | 1539 | 17.84 |
| C7 vsPortland | 15882 | 1603 | 19.17 |

NOTES

The top number in each box is the match average vs the bottom number is the training session average for each metric. Force Deck metrics were taken weekly w/ percent change indicated in parenthesis from when they reported this season to their PR.