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**DIAGNOSIS OF VERTICAL COUNTERMOVEMENT JUMP PERFORMANCE IN NCAA VOLLEYBALL PLAYERS**

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The purpose of this study was to investigate squat jump maximum dynamic strength (MDS), rate of force development (RFD), and drop jump flight to contact ratio (DJFCR) as predictors of maximum countermovement jump height in NCAA volleyball athletes. Subjects were 14 women and 14 men NCAA, Division I volleyball players. All athletes were tested on a series of vertical countermovement jumps, squat jumps, and .30 m drop jumps. Maximum vertical countermovement jump heights (MVCJH) were measured with a cable transducer and vertical ground reaction force data was recorded with a force plate. MDS, RFD, and DJFCR were calculated for each jump and correlated to MVCJH. Results of a Pearson correlation were:  $r = .727$  for MVCJH and RFD;  $r = .696$  for MVCJH and DJFCR; and  $r = .492$  for MDS. These results indicate that RFD and DJFCR are strong predictors of MVCJH, while MDS has limited predictive ability. This may be valuable information for the development and assessment of training programs