Jordan Reyes

High School · Female · 11/12/2026

AP POWER INDEX™

74

74

POWER INDEX

Above Average

12 MONTH OUTLOOK

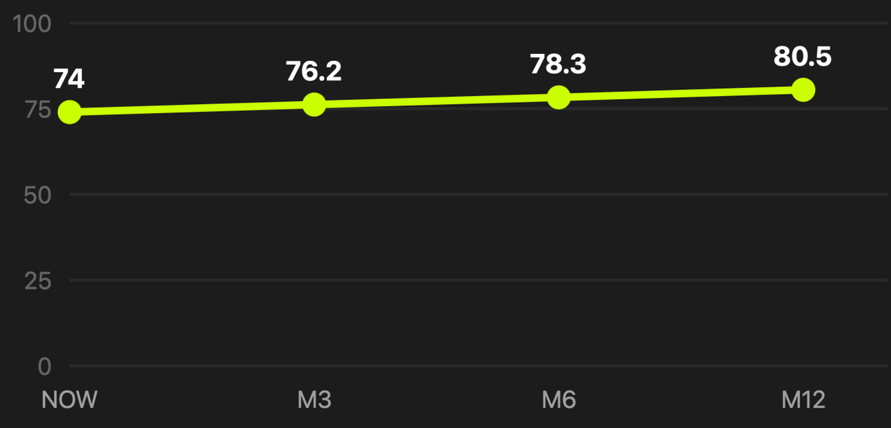
12 MONTH GOAL
Above Average

PROJECTED SCORE
80.5

PROBABILITY
14.6%

NEXT TIER
Elite

12-MONTH PROJECTION



PERFORMANCE METRICS

CMJ	78
Vertical Jump	80
RSI	70
Broad Jump	73
10 Yard Sprint	67

PERFORMANCE ANALYSIS

A breakdown of Jordan's results and the path forward

WHERE THEY STAND

Jordan scored a 74 on the AP Power Index™, placing them in the 'Above Average' tier. This means jordan has significant untapped potential that structured training can unlock.

WHAT'S WORKING

Jordan's strongest asset is Vertical Jump (80/100) — a clear strength to build on. Jordan's strongest asset is CMJ (78/100) — a clear strength to build on.

BIGGEST OPPORTUNITY

The area with the most upside is 10yd Sprint, currently the lowest-scoring metric. Acceleration mechanics — sled pushes, wall drives, and first-step quickness drills.

THE UPSIDE

With consistent training, Jordan is projected to reach a 80.5 — a 6.5-point improvement in 12 months. That's a 14.6% probability of reaching the 'Above Average' tier. This is the transformation families want to see.

12-MONTH TRAINING ROADMAP

Foundation
Months 1-3

Goal: Build the base

- Movement quality
- Strength foundation
- Sprint mechanics
- Recovery habits

TARGET SCORE
75.6

Build
Months 4-6

Goal: Increase athletic engine

- Max strength
- Power development
- Acceleration
- Work capacity

TARGET SCORE
77.3

Perform
Months 7-9

Goal: Convert training into sport performance

- Power output
- Top-end speed
- Change of direction
- Sport-specific transfer

TARGET SCORE
78.9

Dominate
Months 10-12

Goal: Peak performance

- Explosiveness
- Speed confidence
- Competition preparation
- Leadership

TARGET SCORE
80.5

POWER INDEX BENCHMARK GUIDE

Understand where your score falls and what it means.

0-49	50-64	65-74	75-84	85-100
Developing	**Emerging**	**Competitive**	**Advanced**	**Elite**
Building the base. Focus on fundamentals.	Showing potential. Consistency is key.	Solid foundation. Ready to specialize.	Strong performer. Fine-tune for peak output.	Top-tier athlete. Maximizing output.