



### NPA STAT Test Overview

#### **S.T.A.T. stands for:**

- **Screening** for Weak Links
- **Testing** for Point-in-Time Capacity
- **Assessing** Movement Efficiency, Strength, and Flexibility
- **Training** for Efficient Movement, Muscle Balance, Velocity, and Neuromuscular Speed Thresholds

Developed by Tom House Sports, the STAT test is a proprietary screening designed to identify specific deficiencies that impact an athlete's ability to generate velocity. By pinpointing these weak areas, athletes can target their training to throw harder, more efficiently, and with reduced risk of injury.

The focus of the test is to evaluate the **balance between acceleration muscles** (front side of the body) and **deceleration muscles** (back side of the body). Why is this important? The body can only accelerate as fast as it can safely decelerate. Without this balance, rotational athletes are limited in their velocity potential and are more prone to fatigue, soreness, and movement inefficiencies.

#### **What the STAT Test Includes:**

- Arm speed testing
- Torso rotational speed testing
- Leg balance and strength assessments

Using the collected data, we can determine an athlete's current and potential velocity capacity. If an athlete is underperforming, we can identify the exact weak link holding them back. The STAT test specifically addresses the role of functional strength and speed thresholds in achieving peak velocity.