

THE POWER QUOTIENT

An Indicator
For
Athletic Success



Dan Lynch 1st Team All-American Guard: Power Quotient: 87.9

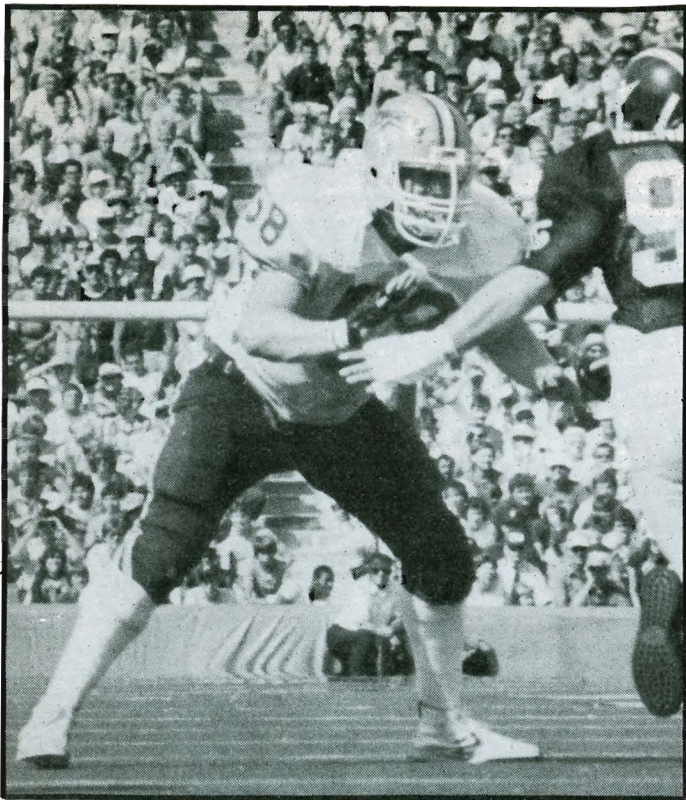
Dan Lynch came to Washington State University as a very average freshman. Through proper weight training, Dan made himself into an All-American. As a 211 pound lineman with a squat of only 385, he was not exactly awesome. Football players have to be very careful when gaining weight. Dan gained 51 pounds in two years and could still jump 5½ inches higher. This did not happen by doing bench presses and curls. Dan had to work hard on his legs and hips, along with agility and technique improvement.

Dan's strength coach Bill Foran has developed a power quotient which is explained on the next page. Since Dan had the highest quotient on the team, Coach Foran was able to predict great performance on the field for Dan Lynch. It is certainly a far better way than relying on the bench press. The Washington State University Power Quotient

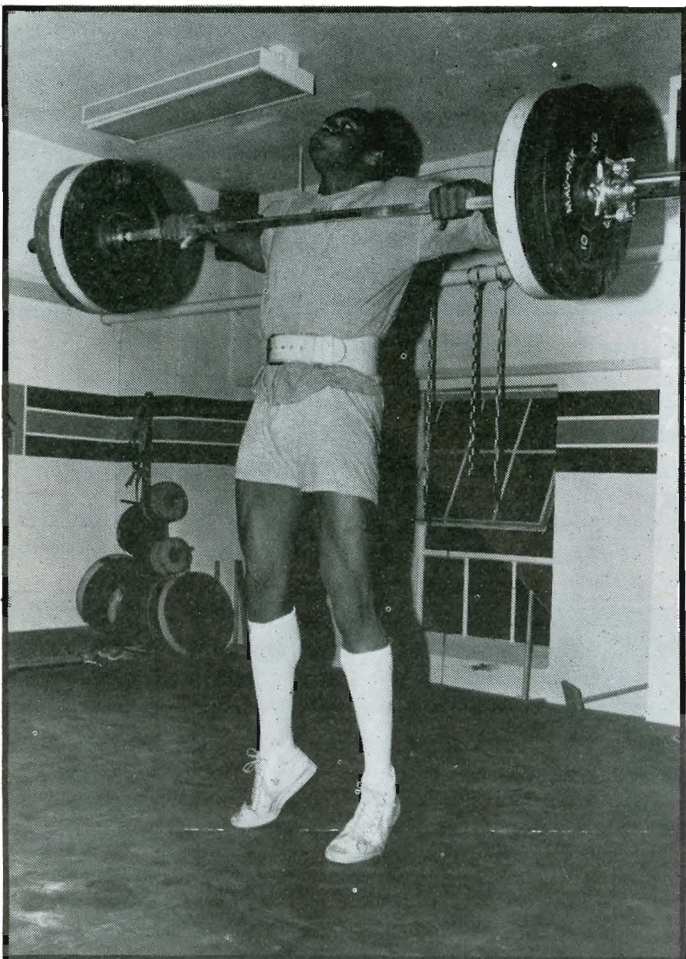
school record is 93.5 set by 265 pound Ralf Uebel, a hammer thrower, with a 33" vertical jump. The Washington State Cougar football team led the PAC 10 in rushing by 62 yards per game, led in first downs by 39 and led in total offense with 433 yards per game.

DAN LYNCH

| | <u>Fresh.</u> | <u>Junior</u> |
|----------------|---------------|---------------|
| WT. | 211 | 262 |
| V.J. | 24" | 29½" |
| Power Quotient | 76.8 | 87.9 |
| 40 Yard Dash | 5.1 | 4.9 |
| Squat | 385 | 515 |



Dan Lynch helped Washington State University to lead the PAC 10 in total offense and rushing.



All PAC 10 Performer, Kerry Porter, led the Pac 10 in rushing in 1983 as a sophomore with 1000 yards. Kerry's vertical jump is 31½ inches at 210 pounds for a power quotient of 81.3.

THE POWER QUOTIENT: An Indicator for Athletic Success

By Bill Foran
Former Strength and Conditioning Coach
Washington State University

The key to any athletic endeavor is power, which is speed and strength combined. The power center of the body is the upper leg and hip area. When an athlete increases his power output through weight training, he will run faster, jump higher, move quicker, and improve his athletic performance.

An excellent indicator of power output is the vertical jump (straight up without a step) because it involves speed and strength. One problem with testing the vertical jump is how can you compare a 250 pound lineman who can vertical jump 26 inches to a 200 pound running back who can vertical jump 31 inches? Who is generating more power?

At Washington State, we take the vertical jump test a step farther to what we call The Power Quotient. With the Power Quotient, all athletes can be compared on how much power they generate because the quotient involves the vertical jump and the body weight.

The Power Quotient is the square root of the vertical jump in inches times the square root of the body weight. (Power Quotient = \sqrt{VJ} in inches \times $\sqrt{\text{Body Weight}}$)

Every athlete at Washington State is measured in the Power Quotient. The top 15 in the Power Quotient for both the male and female athletes are posted in the weight room.

The results of the first time we measured the power quotient were very interesting. Of the top 15 male athletes; 7 were on the track team, 6 were on the football team, 1 was on the basketball team, and 1 was on the wrestling team.

... "but now the development of the upper legs and hips comes first and the upper body second."

The 7 track athletes were some of the top athletes on one of the best track programs in the country. Washington State has won the PAC 10 track and field championships the last 2 years, has won 40 dual meets in a row, has been the National Dual Meet Champions two of the last three years, finished third in last year's NCAA indoor meet and second in the NCAA outdoor meet.

The six football players were all starters and 4 of them were first team all PAC 10. The basketball player was the starting power forward and the wrestler was the PAC 10 heavy-weight champion.

These results really opened the eyes of our athletes. Many of them had concentrated on the bench press, but now the development of the upper legs and hips comes first and the upper body second.

Anyone interested in knowing more about the program at Washington State University can order the Total Conditioning for Athletics Manual. It includes power development, agility, quickness, speed, flexibility, jump training, nutrition and evaluation. The cost is \$5.00 plus \$1.00 for postage to:

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