SkyMeter™

TEAM NAME: _____

COACH: _____

Name	Date: Running ___ Standing ___ Standing Reach	1st Jump Height	2nd Jump Height	3rd Jump Height	Vertical Jump	Date: Running ___ Standing ___ Standing Reach	1st Jump Height	2nd Jump Height	3rd Jump Height	Vertical Jump

Instructions:

1. For each person, record their Standing Reach by having them stand flat-footed with one arm reaching upwards.
2. Using either a running or standing approach, have the person jump up and reach as high as possible. Record the Jump Height for each attempt.
3. With the best recorded Jump Height, subtract from that the person's Standing Reach to get the person's Vertical Jump.
4. Use this record sheet to track a persons progress and to set appropriate goals. Additional copies are available at www.sky-meter.com