

Table 1: Pre- and Post-Season Measurements.

Gender	% Body Fat		Isometric Press (Force/Body Weight)		Isometric Pull (Force/Body Weight)		Static VJ (in)		Countermovement VJ (in)	
	M (13)	F (23)	M(13)	F(23)	M(12)	F(20)	M (12)	F (22)	M (12)	F (22)
	Mean ±SD									
	Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post
Male	10.8*	10.0*	1.0*	1.0*	2.6*	2.6*	13.6*	12.9*	16.7*	16.1*
	±3.5	±3.9	±0.1	±0.1	±0.5	±0.6	±3.2	±2.8	±2.9	±2.7‡
Female	16.6	16.5	0.7	0.7	1.8	1.8	10.0	9.8	11.8	11.5
	±3.7	±3.1	±0.1	±0.1	±0.4	±0.4	±1.8	±1.2	±1.5	±1.2‡

* = Significantly different ($P < 0.05$) than females

‡ = Significantly lower ($P < 0.05$) than pretest values