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| **Supplementary table 1:** Descriptive statistics regarding CMJ and SJ in women Olympic athletes.  |
| **Physical Performance test**  | **Mean ±SD** | **Median** |
| n=59 (SJ: 54 Power, 5 Technical, CMJ: 56 Power, 3 Technical) |
| CMJ (cm) | 33.6 ±4.7 | 32.9 (31.2 - 36.3) |
| SJ (cm) | 32.0 ±4.9 | 31.0 (29.2 - 34.3) |
| CMJ and SJ presented as both mean ±SD and median with upper and lower quartiles. CMJ= countermovement jump, SJ= squat jump. Power= athletes in explosive sports, Technical= athletes in technical sports.  |