

The authors are commended for doing a thorough revision that addressed most major issues. There are two remaining areas of concern. First the abstract is too long. There is too much introduction in the opening and too much conclusion at its end, which best belongs in the conclusion of the discussion. This is an e-journal, so page numbers isn't an issue, but typical abstracts are 200 to 250 words. This one is still 360 words. The second issue is the inclusion of reliability data. I understand that the authors want to make sure effort was similar across the jumps, but is that a practical component of using CMJ to assess fatigue post sprint work out?

In a practical sense a coach will do baseline measures and assume athlete does his best effort post workout as the coaches assess fatigue. I could be mistaken, but I don't think any of the three reviewers of this manuscript would have asked or thought "did the athletes try hard on the jumps". And as stated, it isn't practical to have coaches make reliability measures. In short, the reliability aspect of the CMJ is a neat thought but not the aim the paper. Perhaps it is part of your next work? Is each component of the CMJ reliable. I wouldn't introduce fatigue to assess that, though.

Intro:

L52: Sprint running epitomizes

Paragraph 1 as a whole seems more geared towards adaptation (L60). I think you are missing connections. Enhance performance and reduce injuries....to that end what are the variables that may impact these goals. List these rather than use L 60 and para one segues better to para 2.

L 105. May rather than can.

Methods:

L 140. Maybe competitive sprinters rather than athletes. I agree with reviewer 3. Sprints of any duration are maximal efforts. It is redundant to call them high intensity sprint exercise.

Results:

Reliability data are noise. Maybe pilot work for project 2.

Results are long. If this were MSSE, the editor would say no. I like words better than figures. Tables better than figures. Your words should add rather than repeat. But this is an e journal. So, there are no page charges.

Discussion:

L322: You didn't measure any recovery processes. You observed patterns.

L349: The CMJ doesn't have a strategy. The athlete may, however.

L453: Sprinters and their coaches.