**WEST SIDE ALLIANCE S.C.**


2010 COLLEGE PROSPECTS PHYSICAL COMBINE

**PLAYER NAME**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **ID #**\_\_\_\_\_\_

PLAYER’S GRADE CARD; Date: Jan 9th, 2010

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| **TEST** | **RAW****SCORE** | **CONVERTED** **SCORE** | **College Soccer Freshman Expectation**  |
| Push-Up/**Strength Test** |  |  |  |
| Sit-Up/**Core Strength Test** |  |  |  |
| L-Run/**Quickness Test** |  |  |  |
| Vertical Leap/**Explosion Test** |  |  |  |
| Cooper’s Test/**Aerobic Capacity** |  |  |  |
| 40 Yard/**Speed Test** |  |  |  |
| 20 Yard/**Acceleration Test** |  |  |  |
| 5-Dot/**Agility Test** |  |  |  |
| Beep/**Fitness Test** |  |  |  |
| **COMPOSITE SCORE** |  |  |  |

YOUR SCORE, YOUR DECISION WHAT TO DO NEXT 

*GOOD ATHLETES ARE BORN EVERYDAY. GREATNESS IS EARNED IN THE RARE ENCOUNTER WITH SELF AND THE COURAGE TO DEFY SELF’S OWN LIMITS.*