**WEST SIDE ALLIANCE S.C.**

[](http://www.piserchiasport.ch/shop/images/NIKE_logo.jpg)  
2010 COLLEGE PROSPECTS PHYSICAL COMBINE

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

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

|  |  |  |  |
| --- | --- | --- | --- |
| **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** |  |  |  |

[](http://images.google.com/imgres?imgurl=http://www.crossfiresoccer.org/imgs/home/nike.jpg&imgrefurl=http://www.crossfiresoccer.org/golf/180293.html&usg=__VorOA3REJahtpQpE1Wksy0p0vDU=&h=438&w=778&sz=20&hl=en&start=13&tbnid=vLgdqGLYigNIyM:&tbnh=80&tbnw=142&prev=/images?q=NIKE+SOCCER&gbv=2&hl=en&ie=UTF-8)YOUR SCORE, YOUR DECISION WHAT TO DO NEXT [](http://images.google.com/imgres?imgurl=http://www.crossfiresoccer.org/imgs/home/nike.jpg&imgrefurl=http://www.crossfiresoccer.org/golf/180293.html&usg=__VorOA3REJahtpQpE1Wksy0p0vDU=&h=438&w=778&sz=20&hl=en&start=13&tbnid=vLgdqGLYigNIyM:&tbnh=80&tbnw=142&prev=/images?q=NIKE+SOCCER&gbv=2&hl=en&ie=UTF-8)

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