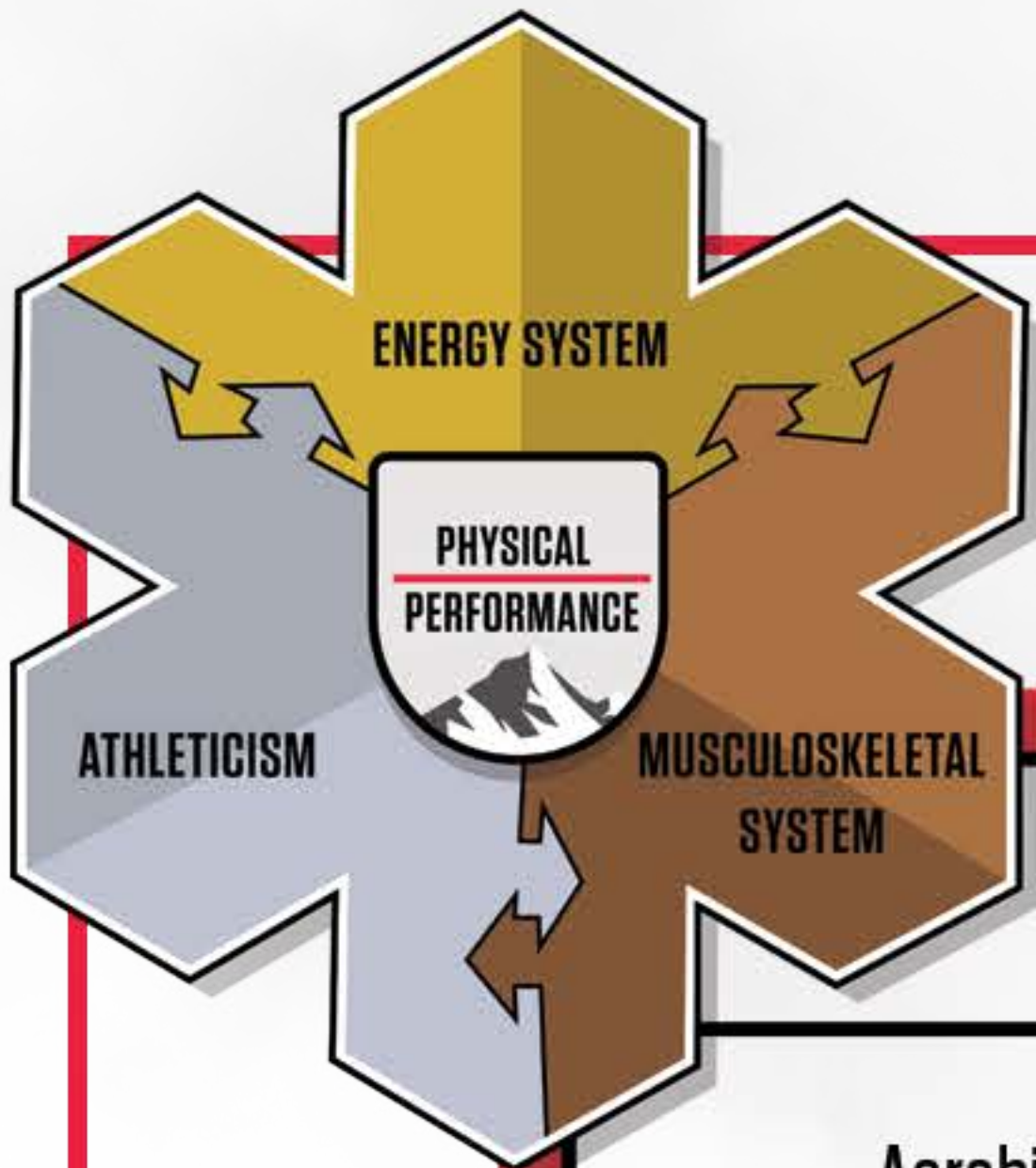




# ACA FITNESS COMBINE



## U10 FEMALE

Aerobic Capacity		Coordination /Speed	Lower Body Power	Upper Body Power	Upper Body Core /Stability	Core	Anaerobic Capacity	Combine Score
7,2	37.1	9.00	1.69	48.00	25	47	42	318
7,1	36.8	9.45	1.65	34.00	20	45	36	308
6,9	36.1	10.15	1.59	26.00	18	35	30	300
6,8	35.7	10.30	1.58	24.00	17	34	29	298
6,3	34.0	11.30	1.55	22.00	15	32	27	276
5,7	32.4	12.00	1.48	20.00	13	30	25	228
5,6	31.8	13.00	1.47	19.00	12	29	24	225
5,4	31.0	13.15	1.37	17.00	11	27	20	205
5,1	29.9	13.30	1.34	11.00	10	26	19	185
4,8	29.1	13.50	1.30	10.00	8	24	15	150
20m Beep Test (Level,Shuttle)	20m Beep Est.Max VO2(ml/kg/min)	Modified Hex (m)	Standing Long Jump (m)	Bar Hang (s)	Push Ups (reps)	Sit Ups (reps)	45s Box Jump (reps)	Total Combine Score (Points)

## U10 MALE

Aerobic Capacity		Coordination /Speed	Lower Body Power	Upper Body Power	Upper Body Core /Stability	Core	Anaerobic Capacity	Combine Score
7,2	37.1	9.00	1.69	48.00	25	47	42	318
7,1	36.8	9.45	1.65	34.00	20	45	36	308
6,9	36.1	10.15	1.59	26.00	18	35	30	300
6,8	35.7	10.30	1.58	24.00	17	34	29	298
6,3	34.0	11.30	1.55	22.00	15	32	27	276
5,7	32.4	12.00	1.48	20.00	13	30	25	228
5,6	31.8	13.00	1.47	19.00	12	29	24	225
5,4	31.0	13.15	1.37	17.00	11	27	20	205
5,1	29.9	13.30	1.34	11.00	10	26	19	185
4,8	29.1	13.50	1.30	10.00	8	24	15	150
20m Beep Test (Level,Shuttle)	20m Beep Est.Max VO2(ml/kg/min)	Modified Hex (m)	Standing Long Jump (m)	Bar Hang (s)	Push Ups (reps)	Sit Ups (reps)	45s Box Jump (reps)	Total Combine Score (Points)



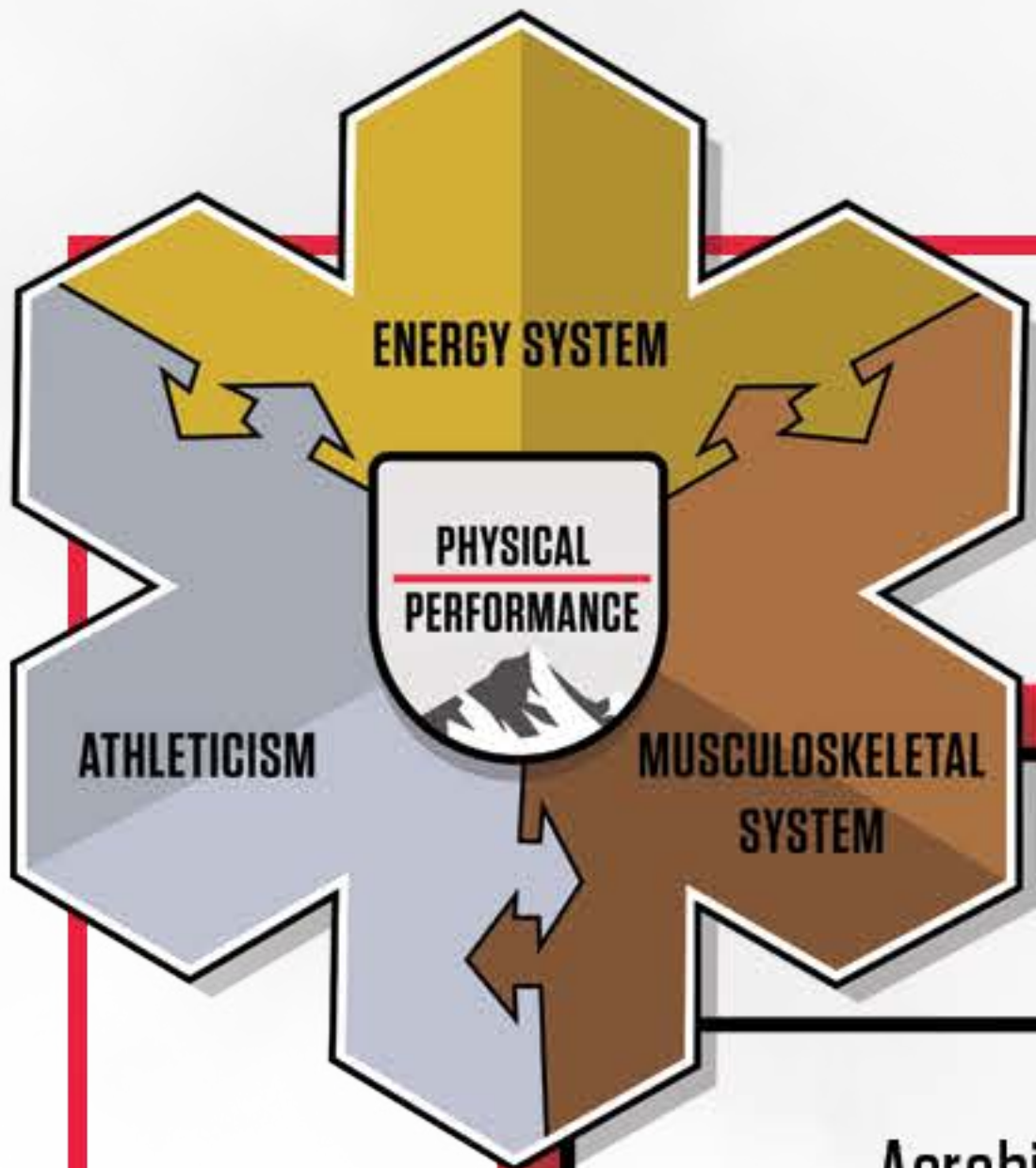
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# ACA FITNESS COMBINE



## U12 FEMALE

Aerobic Capacity		Coordination /Speed	Lower Body Power	Upper Body Power	Upper Body Core /Stability	Core	Anaerobic Capacity	Combine Score
10,1	47.1	9.00	1.88	42.00	30	50	58	474
9,5	44.5	9.15	1.85	39.00	28	48	50	454
9,2	43.9	9.30	1.79	37.00	25	47	42	436
9,1	43.6	10.00	1.75	36.00	23	45	41	397
8,3	40.5	10.15	1.70	30.00	20	42	39	353
7,4	37.8	10.30	1.68	24.00	18	39	37	308
7,2	37.1	11.00	1.60	23.00	17	38	35	289
6,8	35.7	12.30	1.49	20.00	16	33	30	279
6,2	33.6	13.00	1.44	16.00	14	30	25	270
5,8	32.7	15.00	1.35	20.00	12	20	20	250
20m Beep Test (Level,Shuttle)	20m Beep Est.Max VO2(ml/kg/min)	Modified Hex (m)	Standing Long Jump (m)	Bar Hang (s)	Push Ups (reps)	Sit Ups (reps)	45s Box Jump (reps)	Total Combine Score (Points)

## U12 MALE

Aerobic Capacity		Coordination /Speed	Lower Body Power	Upper Body Power	Upper Body Core /Stability	Core	Anaerobic Capacity	Combine Score
10,1	47.1	9.00	1.88	52.00	30	50	58	484
9,5	44.5	9.15	1.85	50.00	28	48	50	453
9,2	43.9	9.30	1.79	48.00	25	47	42	421
9,1	43.6	10.00	1.75	40.00	23	45	41	401
8,3	40.5	10.15	1.70	33.00	20	42	39	360
7,4	37.8	10.30	1.68	25.00	18	39	37	342
7,2	37.1	11.00	1.60	24.00	17	38	35	307
6,8	35.7	12.30	1.49	23.00	16	33	30	294
6,2	33.6	13.00	1.44	22.00	14	30	25	278
5,8	32.7	15.00	1.35	20.00	12	20	20	250
20m Beep Test (Level,Shuttle)	20m Beep Est.Max VO2(ml/kg/min)	Modified Hex (m)	Standing Long Jump (m)	Bar Hang (s)	Push Ups (reps)	Sit Ups (reps)	45s Box Jump (reps)	Total Combine Score (Points)



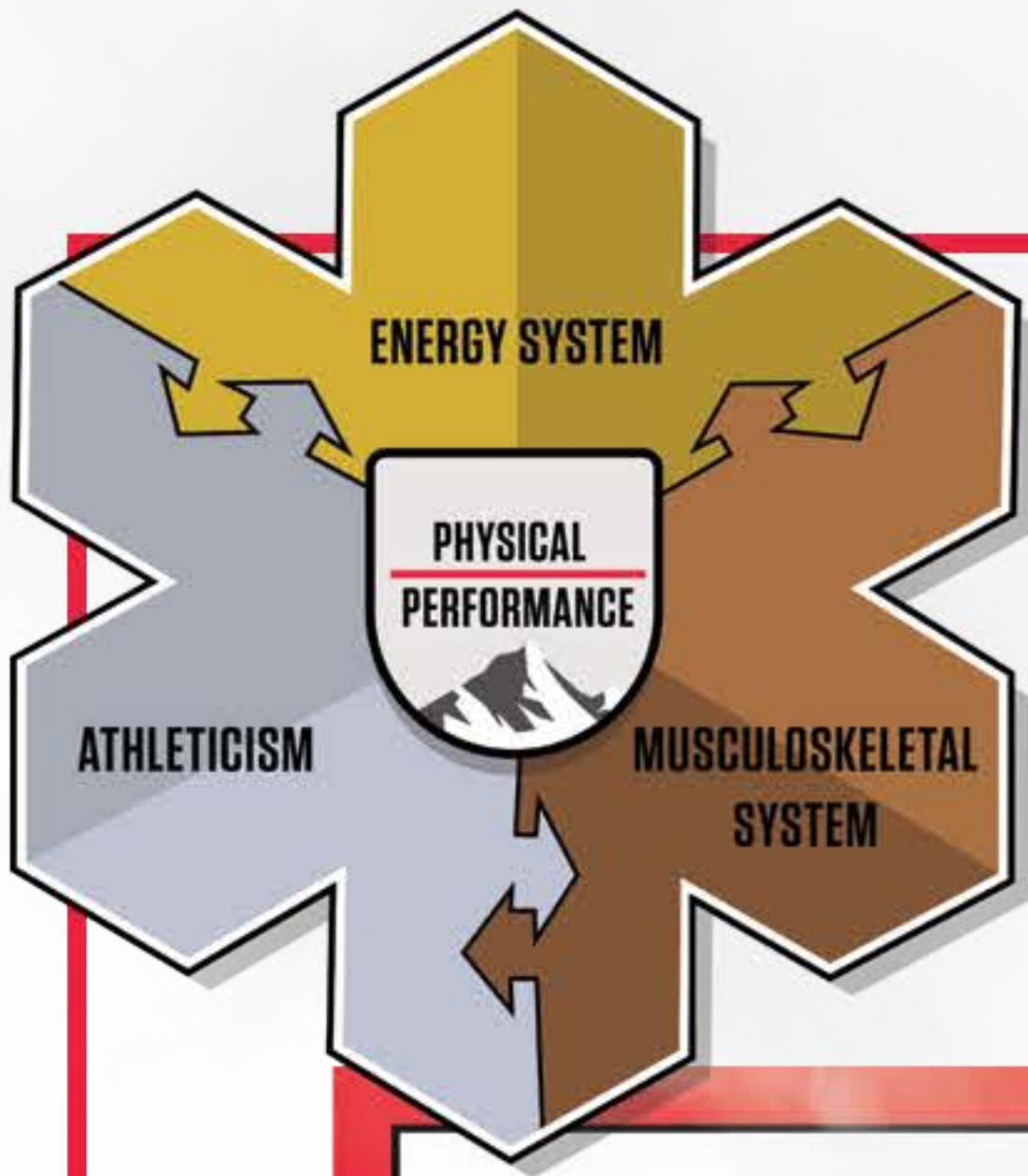
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# ACA FITNESS COMBINE



## U14 FEMALE

Aerobic Capacity		Coordination /Speed	Lower Body Power	Lower Body Power Coordination	Lower Body Power Assymetry	Upper Body	Upper Body Stability	Upper Body Core /Stability	Core	Anaerobic Capacity	Combine Score
10,7	49.0	22.15	2.07	10.50	8.36	9	60.00	20	45	70	595
10,5	48.4	22.31	2.03	10.00	8.00	8	42.00	19	40	67	544
10,2	47.4	23.00	1.98	9.60	7.76	7	40.00	18	36	65	492
9,7	45.5	23.15	1.96	9.00	7.60	6	39.00	15	35	60	446
9,1	43.6	23.30	1.93	8.80	7.40	5	31.00	14	33	58	423
8,3	40.8	23.64	1.88	8.00	7.10	4	28.00	13	30	55	400
8,1	40.2	24.33	1.80	7.90	6.88	3	25.00	12	28	50	378
7,8	39,2	24.98	1.67	7.70	6.48	2	23.00	11	27	45	342
7,4	37.8	25.67	1.57	7.50	6.28	1	21.00	10	26	40	305
6,8	35.7	26.00	1.50	7.35	6.10	0	19.00	9	24	35	250
20m Beep Test (Level,Shuttle)	20m Beep Est.Max VO2(ml/kg/min)	Hex (m)	Standing Long Jump (m)	Double Leg Penta Jump (m)	Single Leg Penta Jump (m)	Pull Ups (s)	ArmHang (m)	Push Ups (reps)	Sit Ups (reps)	60s Box Jump (reps)	Total Combine Score (Points)

## U14 MALE

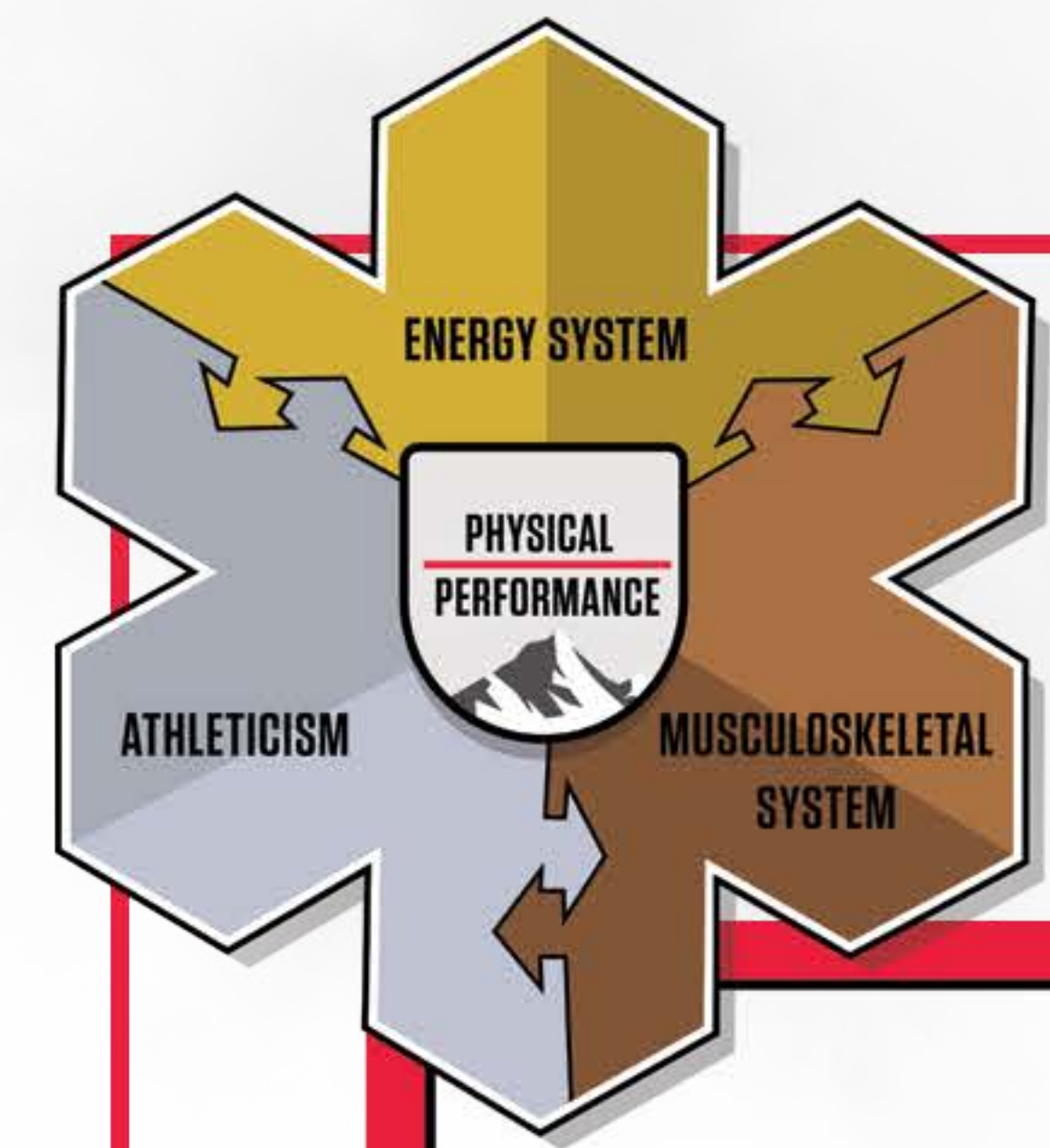
Aerobic Capacity		Coordination /Speed	Lower Body Power	Lower Body Power Coordination	Lower Body Power Assymetry	Upper Body	Upper Body Stability	Upper Body Core /Stability	Core	Anaerobic Capacity	Combine Score
12,5	55.1	21.30	2.36	11.00	9.87	14	68.00	20	45	70	601
11,11	53.4	21.48	2.30	10.00	9.30	12	58.00	19	40	67	578
11,6	51.9	22.00	2.20	9.50	8.82	10	54.00	18	36	65	484
11,1	50.4	23.15	2.10	9.30	8.60	9	47.00	15	35	60	432
10,7	49.0	23.30	2.05	9.00	8.40	8	37.00	14	33	58	400
9,4	44.5	24.00	2.00	8.50	8.01	7	35.00	13	30	55	369
8,11	43.3	23.42	1.86	8.30	7.90	4	33.00	12	28	50	339
8,7	42,1	25.31	1.80	8.00	7.33	3	31.00	11	27	45	322
8,2	40.5	25.67	1.70	7.50	7.20	2	30.00	10	26	40	306
7,4	37.8	26.00	1.65	7.35	7.00	1	26.00	9	24	35	250
20m Beep Test (Level,Shuttle)	20m Beep Est.Max VO2(ml/kg/min)	Hex (m)	Standing Long Jump (m)	Double Leg Penta Jump (m)	Single Leg Penta Jump (m)	Pull Ups (s)	ArmHang (m)	Push Ups (reps)	Sit Ups (reps)	60s Box Jump (reps)	Total Combine Score (Points)



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# ACA FITNESS COMBINE

## U16 FEMALE

Aerobic Capacity		Coordination /Speed	Lower Body Power	Lower Body Power Coordination	Lower Body Power Assymetry	Upper Body	Upper Body Stability	Core	Anaerobic Capacity	Combine Score
11,9	52.8	19.89	2.11	10.80	10.21	11	52	71	75	839
11,3	51.1	20.02	2.10	10.50	9.76	10	51	65	74	775
11,1	50.4	20.45	2.09	9.60	9.35	9	50	59	73	712
10,7	49.0	21.00	2.07	9.00	9.00	8	42	57	71	674
10,2	47.4	21.27	2.03	8.80	8.84	7	40	55	69	636
9,7	45.5	21.75	2.00	8.70	8.63	6	37	49	67	571
9,1	43.6	22.00	1.97	8.60	8.40	5	30	47	60	498
8,5	41,5	22.53	1.87	8.00	8.20	4	29	45	55	414
7,9	39.6	23.04	1.67	7.80	7.91	3	28	41	50	361
7,5	38.2	24.30	1.57	7.50	7.60	2	25	35	45	350
20m Beep Test (Level,Shuttle)	20m Beep Est.Max VO2(ml/kg/min)	Hex (m)	Standing Long Jump (m)	Double Leg Penta Jump (m)	Single Leg Penta Jump (m)	Pull Ups (s)	ArmHang (m)	Sit Ups (reps)	90s Box Jump (reps)	Total Combine Score (Points)

## U16 MALE

Aerobic Capacity		Coordination /Speed	Lower Body Power	Lower Body Power Coordination	Lower Body Power Assymetry	Upper Body	Upper Body Stability	Core	Anaerobic Capacity	Combine Score
12,11	56.8	19.43	2.61	12.50	11.63	18	52	71	85	846
12,7	57.7	19.74	2.50	11.70	10.47	17	51	65	80	778
12,1	54.0	20.10	2.44	11.00	10.08	16	50	59	74	745
11,10	53.1	20.61	2.40	10.80	9.43	13	42	57	73	681
11,6	51.9	21.37	2.35	10.40	9.15	11	40	55	70	618
11,1	50.4	21.82	2.30	10.00	8.81	10	37	49	67	554
10,7	49.0	22.00	2.20	9.80	8.75	8	30	47	66	469
9,10	46.6	22.79	2.11	9.40	8.22	7	29	45	64	432
9,4	44.5	23.36	2.00	9.00	7.80	6	28	41	62	379
8,2	40.5	24.30	1.86	8.50	7.33	4	25	35	57	350
20m Beep Test (Level,Shuttle)	20m Beep Est.Max VO2(ml/kg/min)	Hex (m)	Standing Long Jump (m)	Double Leg Penta Jump (m)	Single Leg Penta Jump (m)	Pull Ups (s)	ArmHang (m)	Sit Ups (reps)	90s Box Jump (reps)	Total Combine Score (Points)



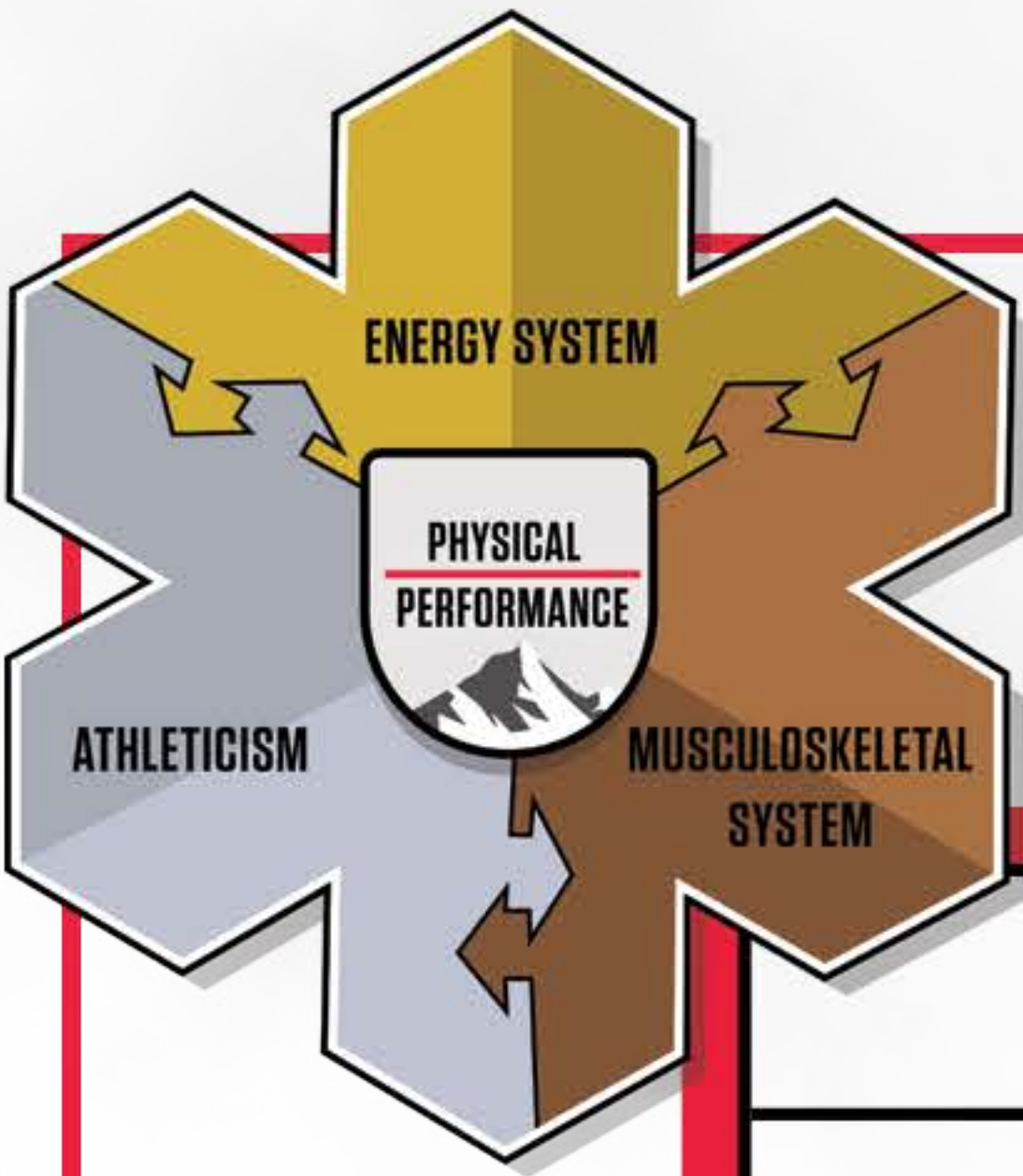
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# ACA FITNESS COMBINE



## U18 FEMALE

National Team Avg\*

Aerobic Capacity		Coordination /Speed	Lower Body Power	Lower Body Power Coordination	Lower Body Power Assymetry	Upper Body	Upper Body Stability	Core	Anaerobic Capacity	Combine Score
		18.72	2.74	12.83	11.08	10			91	
12.1	54.0	19.69	2.19	11.30	10.92	12	52	65	85	913
11.10	53.1	20.02	2.11	11.20	10.79	11	51	60	82	900
11.3	51.1	20.45	2.10	11.00	10.69	10	50	59	80	887
11.1	50.4	20.50	2.09	10.70	10.41	9	49	55	78	860
10.7	49.0	21.27	2.06	10.50	10.21	8	46	52	76	846
10.2	47.4	21.75	2.03	10.20	10.08	8	45	49	75	839
9.7	45.5	22.53	1.80	9.80	9.91	7	39	47	70	707
9.1	43.6	23.04	1.72	9.40	9.00	6	35	45	65	636
8.5	41.5	23.36	1.69	9.00	8.94	5	30	41	60	618
8.2	40.5	23.65	1.67	8.80	7.92	4	28	35	55	600
20m Beep Test (Level,Shuttle)	20m Beep Est.Max VO2(ml/kg/min)	Hex (m)	Standing Long Jump (m)	Double Leg Penta Jump (m)	Single Leg Penta Jump (m)	Pull Ups (s)	ArmHang (m)	Sit Ups (reps)	90s Box Jump (reps)	Total Combine Score (Points)

\*Current CAST D Team members who completed combine or components of the combine.

## U18 MALE

National Team Avg\*

Aerobic Capacity		Coordination /Speed	Lower Body Power	Lower Body Power Coordination	Lower Body Power Assymetry	Upper Body	Upper Body Stability	Core	Anaerobic Capacity	Combine Score
12.8	56.0	18.87	3.03	15.65	13.17	16	32	34	103	1074
13.11	56.0	19.43	2.65	13.20	12.17	18	52	65	97	999
13.7	59.0	19.74	2.63	12.80	11.77	18	51	60	95	949
13.5	58.5	20.10	2.61	12.50	11.63	18	50	59	92	883
12.11	56.8	21.37	2.58	12.30	11.56	17	49	55	90	846
12.7	55.7	21.40	2.55	12.00	10.74	15	46	52	87	781
12.1	54.0	21.82	2.50	11.70	10.51	13	45	49	85	707
11.9	52.8	22.78	2.41	11.50	10.35	11	39	47	78	678
11.1	50.4	23.04	2.35	11.30	10.26	9	35	45	75	650
10.4	48.0	23.36	2.28	11.00	9.27	8	30	41	73	636
9.7	45.5	23.99	2.11	10.00	8.22	7	28	35	67	600
20m Beep Test (Level,Shuttle)	20m Beep Est.Max VO2(ml/kg/min)	Hex (m)	Standing Long Jump (m)	Double Leg Penta Jump (m)	Single Leg Penta Jump (m)	Pull Ups (s)	ArmHang (m)	Sit Ups (reps)	90s Box Jump (reps)	Total Combine Score (Points)

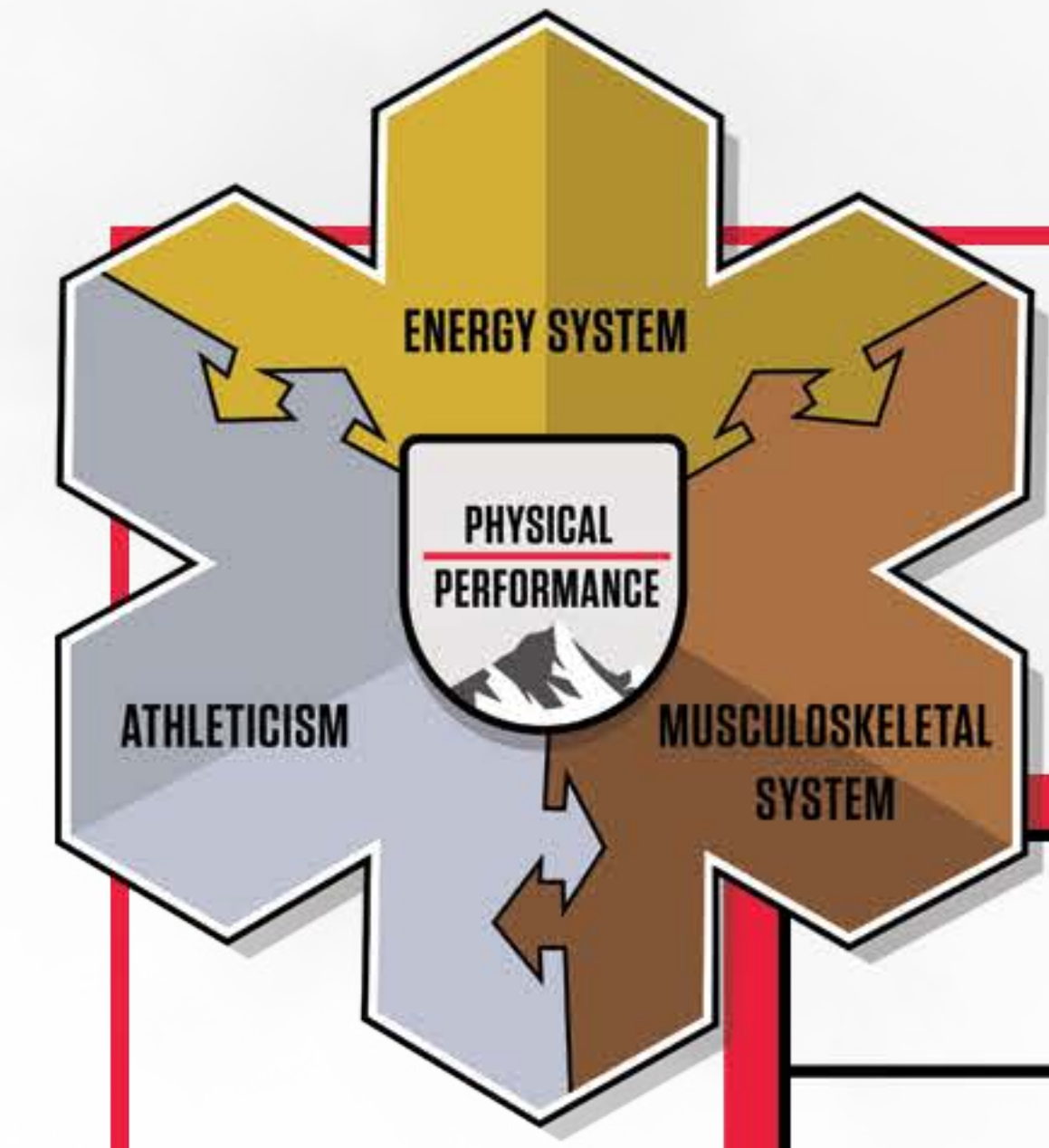
\*Current CAST D Team members who completed combine or components of the combine.



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# ACA FITNESS COMBINE

## U21+ FEMALE

National Team Avg\*

Aerobic Capacity		Coordination /Speed	Lower Body Power	Lower Body Power Coordination	Lower Body Power Assymetry	Upper Body	Upper Body Stability	Core	Anaerobic Capacity	Combine Score
		18.72	2.74	12.83	11.08	10			91	
12,1	54.0	19.29	2.64	12.00	11.13	14	57	73	89	913
11,10	53.1	19.46	2.49	11.70	10.92	13	54	65	85	900
11,3	51.1	19.69	2.20	11.50	10.79	12	52	60	82	887
11,1	50.4	20.45	2.19	11.40	10.71	11	50	55	80	860
10,7	49.0	20.64	2.11	11.30	10.50	10	48	52	78	839
10,2	47.4	20.91	2.04	11.20	10.21	9	46	49	76	771
9,7	45.5	21.49	1.89	11.00	9.91	8	42	47	74	700
9,1	43.6	21.82	1.86	10.50	9.80	7	38	45	72	678
8,5	41.5	22.12	1.85	10.30	9.60	6	32	41	70	671
8,2	40,5	22.53	1.72	9.40	9.50	5	30	35	65	650
20m Beep Test (Level,Shuttle)	20m Beep Est.Max VO2(ml/kg/min)	Hex (m)	Standing Long Jump (m)	Double Leg Penta Jump (m)	Single Leg Penta Jump (m)	Pull Ups (s)	ArmHang (m)	Sit Ups (reps)	90s Box Jump (reps)	Total Combine Score (Points)

\*Current CAST D Team members who completed combine or components of the combine.

## U21+ MALE

National Team Avg\*

Aerobic Capacity		Coordination /Speed	Lower Body Power	Lower Body Power Coordination	Lower Body Power Assymetry	Upper Body	Upper Body Stability	Core	Anaerobic Capacity	Combine Score
12,8	56.0	18.87	3.03	15.65	13.17	16	32	34	103	1074
14,7	62.6	18.96	2.81	13.70	12.17	18	57	73	100	1048
14,2	61.1	19.17	2.79	13.30	11.77	17	54	65	97	1031
13,11	60.0	19.43	2.70	12.90	11.63	16	52	60	95	1011
13,7	59.0	20.30	2.65	12.70	11.56	15	50	55	92	961
13,5	58.5	20.61	2.63	12.50	11.00	13	48	52	90	855
13,2	57.6	20.97	2.61	12.30	10.71	12	46	49	87	832
12,9	56.2	21.38	2.55	12.10	10.51	11	42	47	85	794
12,1	54.0	21.79	2.50	11.70	10.36	10	38	45	83	736
11,6	51.9	22.25	2.41	11.50	10.26	9	32	41	75	678
10,4	48.0	22.78	2.28	11.00	9.27	8	28	35	73	650
20m Beep Test (Level,Shuttle)	20m Beep Est.Max VO2(ml/kg/min)	Hex (m)	Standing Long Jump (m)	Double Leg Penta Jump (m)	Single Leg Penta Jump (m)	Pull Ups (s)	ArmHang (m)	Sit Ups (reps)	90s Box Jump (reps)	Total Combine Score (Points)

\*Current CAST D Team members who completed combine or components of the combine.



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