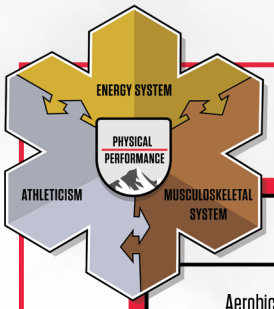


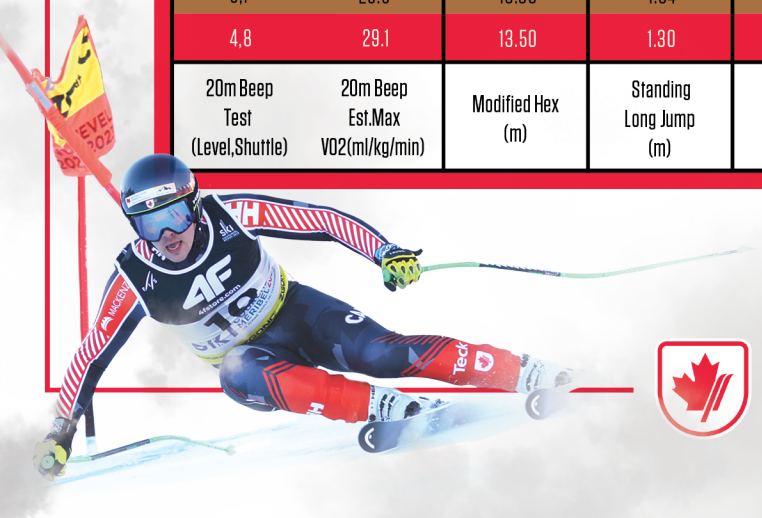
ACA FITNESS COMBINE

U10 FEMALE

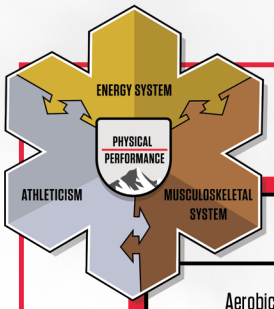
Aerobic Capacity		Coordination /Speed	Lower Body Power	Upper Body Power	Upper Body Core /Stability	Core	Anaerobic Capacity	Combine Score
7,2	37.1	9.00	1.69	48.00	25	47	42	318
7,1	36.8	9.45	1.65	34.00	20	45	36	308
6,9	36.1	10.15	1.59	26.00	18	35	30	300
6,8	35.7	10.30	1.58	24.00	17	34	29	298
6,3	34.0	11.30	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)



PROJET/ PROJECT EXCEL



ACA FITNESS COMBINE

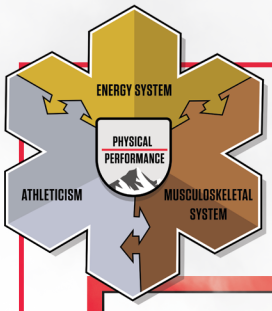
U12 FEMALE

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)

PROJET/ PROJECT EXCEL



ACA FITNESS COMBINE

U14 FEMALE

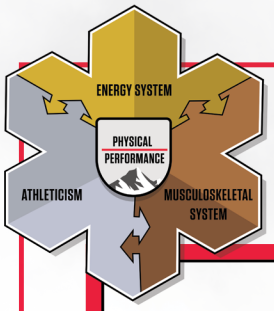
Aerobic Capacity		Coordination /Speed	Lower Body Power	Lower Body Power Coordination	Lower Body Power Assymetry	Upper Body	Upper Body Stability	Upper Body Core /Stability	Core	Anaerobic Capacity	Combine Score
10,7	49.0	22.15	2.07	10.50	8.36	9	60.00	20	45	70	595
10,5	48.4	22.31	2.03	10.00	8.00	8	42.00	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)

PROJET/ PROJECT EXCEL

ACA FITNESS COMBINE



U16 FEMALE

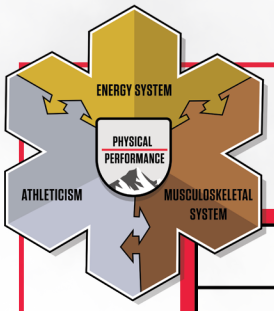
Aerobic Capacity		Coordination /Speed	Lower Body Power	Lower Body Power Coordination	Lower Body Power Assymetry	Upper Body	Upper Body Stability	Core	Anaerobic Capacity	Combine Score
11,9	52.8	19.89	2.11	10.80	10.21	11	52	71	75	839
11,3	51.1	20.02	2.10	10.50	9.76	10	51	65	74	775
11,1	50.4	20.45	2.09	9.60	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 (s)	Standing Long Jump (m)	Double Leg Penta Jump (m)	Single Leg Penta Jump (m)	Pull Ups (reps)	Push Ups (reps)	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 (s)	Standing Long Jump (m)	Double Leg Penta Jump (m)	Single Leg Penta Jump (m)	Pull Ups (reps)	Push Ups (reps)	Sit Ups (reps)	90s Box Jump (reps)	Total Combine Score (Points)

PROJET/ PROJECT EXCEL

ACA FITNESS COMBINE



U18 FEMALE

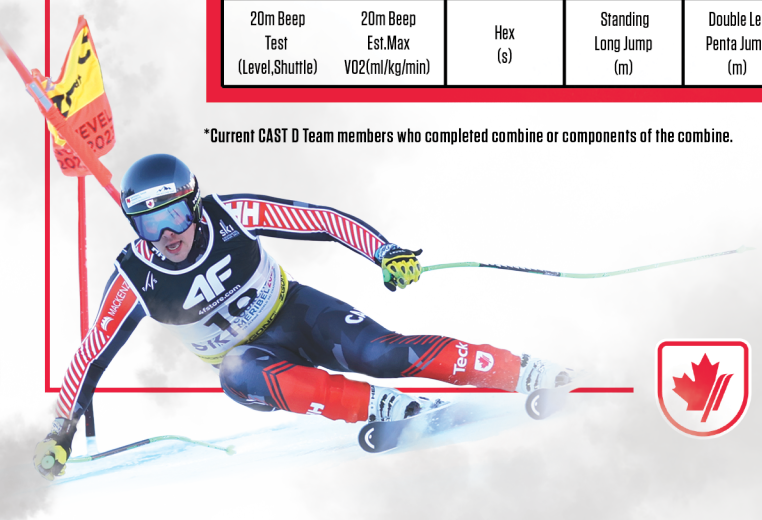
	Aerobic Capacity		Coordination /Speed	Lower Body Power	Lower Body Power Coordination	Lower Body Power Assymetry	Upper Body	Upper Body Stability	Core	Anaerobic Capacity	Combine Score
National Team Avg*			18.72	2.74	12.83	11.08	10			91	
	12,1	54.0	19.69	2.19	11.30	10.92	12	52	65	85	913
	11,10	53.1	20.02	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 (s)	Standing Long Jump (m)	Double Leg Penta Jump (m)	Single Leg Penta Jump (m)	Pull Ups (reps)	Push Ups (reps)	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

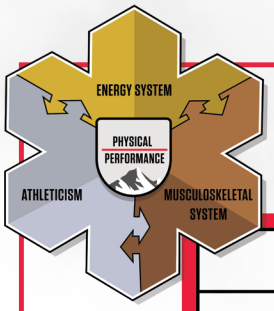
	Aerobic Capacity		Coordination /Speed	Lower Body Power	Lower Body Power Coordination	Lower Body Power Assymetry	Upper Body	Upper Body Stability	Core	Anaerobic Capacity	Combine Score
National Team Avg*	12,8	56.0	18.87	3.03	15.65	13.17	16	32	34	103	1074
	13,11	56.0	19.43	2.65	13.20	12.17	18	52	65	97	999
	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 (s)	Standing Long Jump (m)	Double Leg Penta Jump (m)	Single Leg Penta Jump (m)	Pull Ups (reps)	Push Ups (reps)	Sit Ups (reps)	90s Box Jump (reps)	Total Combine Score (Points)

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



PROJET/ PROJECT EXCEL

ACA FITNESS COMBINE



U21+ 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
National Team Avg*			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 (s)	Standing Long Jump (m)	Double Leg Penta Jump (m)	Single Leg Penta Jump (m)	Pull Ups (reps)	Push Ups (reps)	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

	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
National Team Avg*	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 (s)	Standing Long Jump (m)	Double Leg Penta Jump (m)	Single Leg Penta Jump (m)	Pull Ups (reps)	Push Ups (reps)	Sit Ups (reps)	90s Box Jump (reps)	Total Combine Score (Points)

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

PROJET/ PROJECT EXCEL