



APPENDIX B
SCORE RECORDING SHEETS

AIS 20m SHUTTLE RUN (BEEP TEST) SCORE SHEET

Skill Station Leader: _____ Skill Combine Date: _____

Gender: _____ Age Context: _____

| Athlete Bib # | Level, Shuttle <i>Example – 12,5</i> | Athlete Bib # | Level, Shuttle <i>Example – 12,5</i> | Athlete Bib # | Level, Shuttle <i>Example – 12,5</i> |
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HEXAGONAL OBSTACLE
MODIFIED HEXAGONAL AGILITY SCORE SHEET

Skill Station Leader: _____ Skill Combine Date: _____

Gender: _____ Age Context: _____

| Athlete/Bib # | Trial 1 (s) CW | Trial 2 (s) CW | Trial 3 (s) CW | Best Trial (s) (CW) | Trial 1 (s) CCW | Trial 2 (s) CCW | Trial 3 (s) CCW | Best Trial (s) (CCW) |
|---------------|----------------|----------------|----------------|---------------------|-----------------|-----------------|-----------------|----------------------|
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** CW = Clockwise
***CCW = Counterclockwise

STANDING LONG JUMP SCORE SHEET

Skill Station Leader: _____ Skill Combine Date: _____

Gender: _____ Age Context: _____

| Athlete Bib Number | Trial 1 Distance (m) | Trial 2 Distance (m) | Trial 3 Distance (m) | Best Trial Distance (m) |
|--------------------|----------------------|----------------------|----------------------|-------------------------|
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DOUBLE LEG PENTA JUMP SCORE SHEET

Skill Station Leader: _____ Skill Combine Date: _____

Gender: _____ Age Context: _____

| Athlete Bib Number | Trial 1 Distance (m) | Trial 2 Distance (m) | Trial 3 Distance (m) | Best Trial Distance (m) |
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SINGLE LEG PENTA JUMP SCORE SHEET

Skill Station Leader: _____ **Skill Combine Date:** _____

Gender: _____ **Age Context:** _____

| Athlete Bib Number | Left Trial 1 Distance (m) | Left Trial 2 Distance (m) | Left Trial 3 Distance (m) | Left Best Trial Distance (m) | Right Trial 1 Distance (m) | Right Trial 2 Distance (m) | Right Trial 3 Distance (m) | Right Best Trial Distance (m) |
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MAX PUSH-UPS (TEMPO IMPOSED) SCORE SHEET

Skill Station Leader: _____ Skill Combine Date: _____

Gender: _____ Age Context: _____

| Athlete Bib # | #Push – Up Reps | Athlete Bib # | #Push – Up Reps | Athlete Bib # | #Push – Up Reps |
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PULL UPS SCORE SHEET

Skill Station Leader: _____ **Skill Combine Date:** _____

Gender: _____ **Age Context:** _____

| Athlete Bib # | #Push – Up Reps | Athlete Bib # | #Push – Up Reps | Athlete Bib # | #Push – Up Reps |
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FLEXED ARM HANG SCORE SHEET

Skill Station Leader: _____ Skill Combine Date: _____

Gender: _____ Age Context: _____

| Athlete Bib # | Time (s) | Athlete Bib # | Time (s) | Athlete Bib # | Time (s) |
|---------------|----------|---------------|----------|---------------|----------|
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SIT UPS SCORE SHEET

Skill Station Leader: _____ Skill Combine Date: _____

Gender: _____ Age Context: _____

| Athlete Bib # | #Sit-up Reps | Athlete Bib # | #Sit-up Reps | Athlete Bib # | #Sit-up Reps |
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BRUTAL BENCH SCORE SHEET

Skill Station Leader: _____ **Skill Combine Date:** _____

Gender: _____ **Age Context:** _____

| Athlete Bib # | #Brutal Bench Reps | Athlete Bib # | #Brutal Bench Reps | Athlete Bib # | #Brutal Bench Reps |
|----------------------|---------------------------|----------------------|---------------------------|----------------------|---------------------------|
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45 SECOND BOX JUMP SCORE SHEET

Skill Station Leader: _____ Skill Combine Date: _____

Gender: _____ Age Context: _____

| Athlete Bib Number | #Jumps 15 (s) | #Jumps 30 (s) | #Jumps 45 (s) | Total # Jumps |
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60 SECOND BOX JUMP SCORE SHEET

Skill Station Leader: _____ Skill Combine Date: _____

Gender: _____ Age Context: _____

| Athlete Bib Number | #Jumps 15 (s) | #Jumps 30 (s) | #Jumps 45 (s) | #Jumps 60 (s) | Total # Jumps |
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90 SECOND BOX JUMP SCORE SHEET

Skill Station Leader: _____ Skill Combine Date: _____

Gender: _____ Age Context: _____

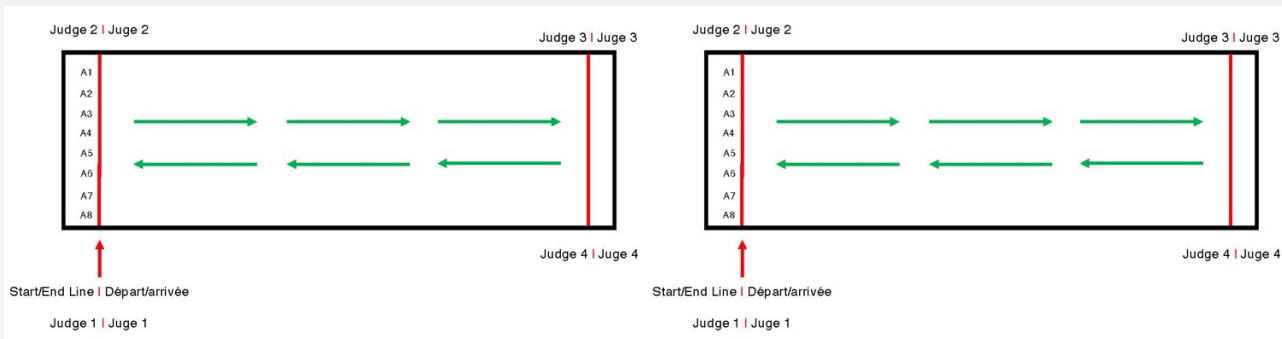
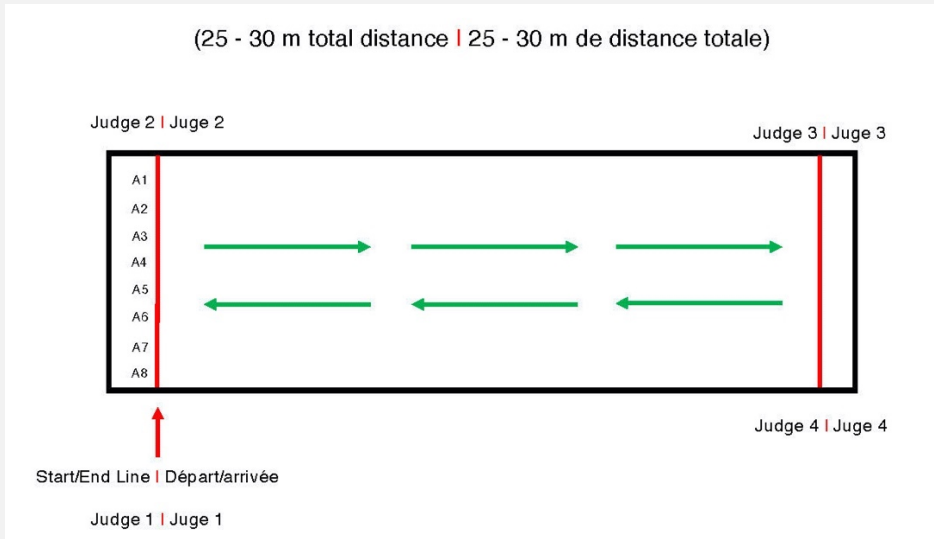
| Athlete Bib Number | #Jumps 30 (s) | #Jumps 45 (s) | #Jumps 60 (s) | #Jumps 75 (s) | #Jumps 90 (s) | Total # Jumps |
|--------------------|---------------|---------------|---------------|---------------|---------------|---------------|
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APPENDIX C

AIS 20 m SHUTTLE RUN (BEEP TEST) LAYOUT

(25 - 30 m total distance | 25 - 30 m de distance totale)



(50 – 60m total distance | 50 – 60 m de distance totale)



APPENDIX D

GYM TESTING – TECHNIQUE EVALUATION FORM

SQUAT TECHNICAL EVALUATION

| | | |
|--|-------------------------|--|
| Athlete Name/Bib # | Date Evaluated | |
| Combine Location | Evaluator Name | |
| Technical Evaluation points | YES | NO |
| Does the athlete have any known or acknowledge any contraindications to performing a squat? | | |
| Athlete demonstrates the correct squat starting position. | | |
| Athlete correctly moves the bar off the supports with a proper stance prior to executing the downward movement. | | |
| Does the athlete display poor posture at the starting position of the movement? | | |
| Athlete completes the squat downward movement phase correctly. | | |
| Do the athletes' knees travel excessively forward over the toes? | | |
| Does the athlete bend at the waist? | | |
| Do the athletes' heels lift off the floor? | | |
| Athlete completes the upward movement phase correctly. | | |
| Does the athlete round their back at any stage of the lift? | | |
| Does the athlete hyper-extend their lower back at any stage of the lift? | | |
| Does the athlete replace the bar on the supports in a controlled manner? | | |
| The athlete has passed the deadlift technical evaluation | | |
| Comments: | | |
| | | |
| Submaximal Squat Evaluation (U18+) | | |
| Does the athlete have any known or acknowledge any contraindications that prevent them from properly executing a submaximal squat? | | |
| Has the athlete provided their 4-week training history? | | |
| Using their provided training history, what is their predicted 1RM squat (kg)? | | |
| Athlete weight in kilograms | | |
| Load Calculation used for evaluation – circle the load calculation utilized | 70% predicted 1 RM (kg) | Calculated squat load (kg) based on athlete weight |
| Calculated load for evaluation (kg) | | |
| Number of submaximal squat reps completed | | |

Comments:



GYM TESTING – SUBMAXIMAL DEADLIFT & TECHNIQUE EVALUATION FORM

| | | |
|---|-------------------------|--|
| Athlete Name | Date Evaluated | |
| Combine Location | Evaluator Name | |
| Technical Evaluation points | YES | NO |
| Does the athlete have any known or acknowledge any contraindications to performing a deadlift? | | |
| Athlete demonstrates the correct deadlift starting position. | | |
| Athlete correctly executes the proper upward movement phase of the deadlift. | | |
| Does the athlete display poor posture at the starting position of the movement? | | |
| Does the bar travel too far in front of the feet? | | |
| Does the athlete maintain their shoulders over the bar? | | |
| Does the athlete bend their arms to pull the weight up? | | |
| Do the hips rise (extend) faster than the knees? | | |
| Is the bar too far in front of the body after the bar has cleared the knees? | | |
| Does the athlete round their back at any stage of the lift? | | |
| Does the athlete hyper-extend their lower back at the top of the lift? | | |
| Does the head and chest of the athlete drop forward during the descent phase of the lift? | | |
| Athlete completes the correct downward movement phase of the deadlift. | | |
| The athlete has passed the deadlift technical evaluation | | |
| Comments: | | |
| | | |
| Submaximal Deadlift Evaluation (U18+) | | |
| Does the athlete have any known or acknowledge any contraindications that prevent them from properly executing a submaximal deadlift? | | |
| Has the athlete provided their 4-week training history? | | |
| Using their provided training history, what is their predicted 1RM squat (kg)? | | |
| Athlete weight in kilograms | | |
| Load Calculation used for evaluation – circle the load calculation utilized | 70% predicted 1 RM (kg) | Calculated squat load (kg) based on athlete weight |
| Calculated load for evaluation (kg) | | |
| Number of submaximal deadlift reps completed | | |

Comments:



APPENDIX E

ACA FITNESS COMBINE INDIVIDUAL SCORE FORM

U10 ATHLETES

| Athlete Name | | Combine Location | |
|-------------------------------------|-----------------------|----------------------------|---------------|
| Date | Age | Sex | |
| | | Raw Score | Points Earned |
| AIS 20m Shuttle Run | Level, Shuttle | | |
| Hexagon (s) | Trial 1 CW | | |
| | Trial 2 CW | | |
| | Trial 3 CW | | |
| | Best Trial CW | | |
| | Trial 1 CCW | | |
| | Trial 2 CCW | | |
| | Trial 3 CCW | | |
| | Best Trial CCW | | |
| | Total Time | | |
| Standing Long Jump (m) | Trial 1 | | |
| | Trial 2 | | |
| | Trial 3 | | |
| | Best Trial | | |
| Max Push Ups (Tempo Imposed) | Reps | | |
| Pull Ups | Reps | | |
| Flexed Arm Hang (s) | Seconds | | N/A |
| Sit Ups | Reps | | |
| Box Jump | 15 s | | |
| | 30 s | | |
| | 45 s | | |
| | Total Jumps | | |
| Squat Technique Check | | Clear | Not Clear |
| Deadlift Technique Check | | Clear | Not Clear |
| | | Total Points Earned | |



U12 ATHLETES

| Athlete Name | | Combine Location | |
|-------------------------------------|-----------------------|----------------------------|---------------|
| Date | Age | Sex | |
| | | Raw Score | Points Earned |
| AIS 20m Shuttle Run | Level, Shuttle | | |
| Hexagon (s) | Trial 1 CW | | |
| | Trial 2 CW | | |
| | Trial 3 CW | | |
| | Best Trial CW | | |
| | Trial 1 CCW | | |
| | Trial 2 CCW | | |
| | Trial 3 CCW | | |
| | Best Trial CCW | | |
| | Total Time | | |
| Standing Long Jump (m) | Trial 1 | | |
| | Trial 2 | | |
| | Trial 3 | | |
| | Best Trial | | |
| Max Push Ups (Tempo Imposed) | Reps | | |
| Pull Ups | Reps | | |
| Flexed Arm Hang (s) | Seconds | | N/A |
| Sit Ups | Reps | | |
| Box Jump | 15 s | | |
| | 30 s | | |
| | 45 s | | |
| | 60 s | | |
| | Total Jumps | | |
| Squat Technique Check | | Clear | Not Clear |
| Deadlift Technique Check | | Clear | Not Clear |
| | | Total Points Earned | |

Comments:



U14 ATHLETES

| Athlete Name | | Combine Location | |
|-------------------------------------|-----------------------|----------------------------|---------------|
| Date | Age | Sex | |
| | | Raw Score | Points Earned |
| AIS 20m Shuttle Run | Level, Shuttle | | |
| Hexagon (s) | Trial 1 CW | | |
| | Trial 2 CW | | |
| | Trial 3 CW | | |
| | Best Trial CW | | |
| | Trial 1 CCW | | |
| | Trial 2 CCW | | |
| | Trial 3 CCW | | |
| | Best Trial CCW | | |
| | Total Time | | |
| Standing Long Jump (m) | Trial 1 | | |
| | Trial 2 | | |
| | Trial 3 | | |
| | Best Trial | | |
| Double Leg Penta Jump (m) | Trial 1 | | |
| | Trial 2 | | |
| | Trial 3 | | |
| | Best Trial | | |
| Max Push Ups (Tempo Imposed) | Reps | | |
| Pull Ups | Reps | | |
| Flexed Arm Hang (s) | Seconds | | N/A |
| Sit Ups | Reps | | |
| Box Jump | 15 s | | |
| | 30 s | | |
| | 45 s | | |
| | 60 s | | |
| | Total Jumps | | |
| Squat Technique Check | | Clear | Not Clear |
| Deadlift Technique Check | | Clear | Not Clear |
| | | Total Points Earned | |

Comments:



U16 ATHLETES

| Athlete Name | | Combine Location | | |
|-------------------------------------|-----------------------|----------------------------|---------------|-----------|
| Date | Age | Sex | | |
| | | Raw Score | Points Earned | Comments: |
| AIS 20m Shuttle Run | Level, Shuttle | | | |
| Hexagon (s) | Trial 1 CW | | | |
| | Trial 2 CW | | | |
| | Trial 3 CW | | | |
| | Best Trial CW | | | |
| | Trial 1 CCW | | | |
| | Trial 2 CCW | | | |
| | Trial 3 CCW | | | |
| | Best Trial CCW | | | |
| | Total Time | | | |
| Standing Long Jump (m) | Trial 1 | | | |
| | Trial 2 | | | |
| | Trial 3 | | | |
| | Best Trial | | | |
| Double Leg Penta Jump (m) | Trial 1 | | | |
| | Trial 2 | | | |
| | Trial 3 | | | |
| | Best Trial | | | |
| Single Leg Penta (m) | Trial 1 - L | | | |
| | Trial 2 - L | | | |
| | Trial 3 - L | | | |
| | Best Trial - L | | | |
| | Trial 1 - R | | | |
| | Trial 2 - R | | | |
| | Trial 3 - R | | | |
| | Best Trial - R | | | |
| | Diff L/R | | | |
| Avg. L + R Best | | | | |
| Max Push Ups (Tempo Imposed) | Reps | | | |
| Pull Ups | Reps | | | |
| Brutal Bench | Reps | | | |
| Box Jump | 30 s | | | |
| | 45 s | | | |
| | 60 s | | | |
| | 75 s | | | |
| | 90 s | | | |
| | Total Jumps | | | |
| Squat Technique Check | | Clear | Not Clear | |
| Deadlift Technique Check | | Clear | Not Clear | |
| | | Total Points Earned | | |



U18+ ATHLETES

| Athlete Name | | Combine Location | |
|-------------------------------------|-------------------------------|----------------------------|---------------|
| Date | Age | Sex | |
| | | Raw Score | Points Earned |
| AIS 20m Shuttle Run | Level, Shuttle | | |
| Hexagon (s) | Trial 1 CW | | |
| | Trial 2 CW | | |
| | Trial 3 CW | | |
| | Best Trial CW | | |
| | Trial 1 CCW | | |
| | Trial 2 CCW | | |
| | Trial 3 CCW | | |
| | Best Trial CCW | | |
| | Total Time | | |
| | Standing Long Jump (m) | Trial 1 | |
| Trial 2 | | | |
| Trial 3 | | | |
| Best Trial | | | |
| Double Leg Penta Jump (m) | Trial 1 | | |
| | Trial 2 | | |
| | Trial 3 | | |
| | Best Trial | | |
| Single Leg Penta (m) | Trial 1 - L | | |
| | Trial 2 - L | | |
| | Trial 3 - L | | |
| | Best Trial - L | | |
| | Trial 1 - R | | |
| | Trial 2 - R | | |
| | Trial 3 - R | | |
| | Best Trial - R | | |
| | Diff L/R | | |
| | Avg. L + R Best | | |
| Max Push Ups (Tempo Imposed) | Reps | | |
| Pull Ups | Reps | | |
| Brutal Bench | Reps | | |
| Box Jump | 30 s | | |
| | 45 s | | |
| | 60 s | | |
| | 75 s | | |
| | 90 s | | |
| | Total Jumps | | |
| Squat Technique Check | | Clear | Not Clear |
| Submaximal Squat | Calculated Weight | | |
| | Reps | | |
| Deadlift Technique Check | | Clear | Not Clear |
| Submaximal Deadlift | Calculated Weight | | |
| | Reps | | |
| | | Total Points Earned | |

Comments: