

ACA/CSCF TESTING PROTOCOL
DATA ENTRY SHEET

Name	PSO	Category	SEX(m/f)	Weight (kg)	Height (cm)	Sit Reach	Vertical Jump Best (m)	Vertical Jump Power (kg/m/s)	Penta Jump (m)			Box Jumps				Balance Board	Leger Boucher	Illinois Agility Run		Push Ups	Abdominal Tests			
									Both	L	R	0-30	30-60	60-90	Total			L-R (sec)	R-L (sec)		Upper	Lower	Time @ 0 deg	
Doe, Jane	BC	K2	female	64.7	173.2	57	0.6	110.9	12.2	9.6	9.3	34	23	57			12.2	17.4	17.5	2	50			
BEDELL, Rebecca	BC	K2	F		160	41	0.44	75.2	9.7	8.8	8.9	39	31		70	22	8.3	21.07	21.5	28	0			
BERMEL, Rebecca	BC	K2	F		160.5	43.5	0.53	99.3	11.61	10.79	10.63	42	29		71	9	8.3	20.84	20.09	27	2			
BLISSETT, Hope	BC	K1	F		160	44	0.33	67.4	8	8.14	8.02	34	26		60	37	5.6	23.22	23.19	7	2			
CHORE, Zoe	BC	E2	F		145	20	0.37	57.6	7.69	6.62	7.77	30	16		46	29	7.1	23.72	23.75	10	2			
DUFFY, Claire	BC	E2	F		154	15	0.34	68.5	6.34	6.14	6.3	30	14		44	42	2.2	29.19	29.44	12	1			
GRADY, Katie	BC	E2	F		139	23.5	0.34	40.3	8.24	8.12	8.23	37	27		64	31	7.3	21.81	21.72	14	2			
KAHL, Taylor	BC	E2	F		131	38	0.33	33.3	7.56	7.11	8.3	32	23		55	48	6.3	24.62	24.38	25	1			
NORTON, Gina	BC	K2	F		162	25	0.4	64.4	10.18	8.81	9.3	39	29		68	18	8	19.57	22.32	20	3			
SALANSKI, Kaylin	BC	K2	F		161	34	0.36	68.0	7.5	7.2	7.3	30	17		47	29	6	23.28	24.34	6	2			
ANDREAS, Sarah	BC	E2	F		135	31	0.28	29.5	5.79	4.53	4.93	19	17		36	50	5.5	24.94	25.65	10	2			
SHERRET, India	BC	K1	F		151	42	0.31	51.8	9.03	8.1	8.01	30	22		52	32	5.8	22.38	23.75	6	3			
TEPPER, Natalie	BC	E2	F		133	27	0.27	32.9	6.8	5.65	6	27	18		45	39	6.4	27.35	29.09	25	0			
ANDREAS, Josh	BC	K1	M		143	19	0.34	38.5	7.31	6.2	6.79	27	13		40	n/a	4.1	24.63	24	18	1			
BEDELL, Scott	BC	K2	M		176	24.5	0.61	96.5	12.42	11.8	11.3	34	33		67	3	11	18.88	19.09	24	3			
BENNETTO, Lukas	BC	K2	M		157	26.5	0.36	65.9	8.4	8.4	8.4	28	16		44	20	6	22.78	23.84	7	2			
CHORE, Axel	BC	K1	M		152	26.5	0.34	49.8	8.12	8.79	8.51	36	24		60	20	9.5	21.9	22.21	21	3			
GRADY, Ryan	BC	K1	M		157	32	0.45	73.7	10.47	10.64	10.09	40	30		70	19	7.1	21.62	22.22	25	1			
KAHL, Zack	BC	K1	M		146	29	0.31	47.1	8.25	8.1	8.26	32	18		50	29	6.5	25.78	24.37	29	2			
NOWICKI, Glen	BC	K2	M		165	11	0.42	61.7	9.7	8.4	8.4	30	26		56	16	8.4	21.5	20.09	19	1			
TEPPER, Cole	BC	K1	M		152	21.5	0.36	51.8	9	9.03	8.89	33	33		66	26	10	20.56	21.75	32	2			
WALLS, Nolan	BC	K2	M		174	28	0.45	83.2	10.6	10.04	10.94	36	19		55	14	8.1	21.35	22.8	18	0			