



## Jr. Kings Academy of Excellence



### Athletic Combine

2025 **Athletic Combine** Results for : \_\_\_\_\_ in U9/11/13/15/18.

(Please include first and last name)

ATHLETIC CHALLENGE	PERSONAL SCORE
<b>MUSCULAR ENDURANCE:</b>  a) Push ups (1 min) b) Sit ups (1 min)	  _____ _____
<b>POWER &amp; EXPLOSIVENESS:</b>  a) Standing Long Jump(m) b) Vertical Jump (inches) c) 2-Hop Jump (m)	  _____ m _____ Inches _____ m
<b>SPEED, QUICKNESS &amp; AGILITY:</b>  a) 30 ft. Agility Run (sec) b) 20m Sprint (sec)	  _____ s _____ s
<b>CO-ORDINATION:</b>  a) Ball Wall Toss (30 sec)	  _____