

Traction CSE
28-May-14

Lucas Top 160 2018
9/1/18

Protocol Name	Overall Rank	Vertical Jump				Jump Rank	Lane Agility Total	Agility Rank	3/4 Yard Sprint				Sprint Rank	
		Height	FT	Impulse	PPO				PPO/Mass	10Y	25Y	Velocity 10Y		Velocity 25Y
Aalim Chelsea	89	20.16	575	394.85	6747.95	48.20	65	13.566	134	1.890	3.725	5.291	10.738	76
Abdur-Rahim Amirah	91	18.33	541	398.04	6918.52	46.12	110	12.648	57	1.706	3.656	5.862	10.941	54
Alexander Alexis	119	19.61	565	374.13	6436.60	47.68	77	13.722	139	1.935	3.936	5.168	10.163	142
Ambrose Katie	23	20.95	589	361.13	6189.75	49.52	44	12.006	13	1.694	3.541	5.903	11.296	19
Aragon Juliana	155	16.12	497	329.10	5899.07	43.70	150	13.771	143	1.947	4.100	5.136	9.756	155
Baker Chloe	124	18.49	544	386.91	6716.25	46.32	105	13.316	117	1.873	3.877	5.339	10.317	130
Barker Janiah	64	20.05	573	480.61	8135.16	47.57	66	12.599	54	1.767	3.703	5.659	10.802	71
Bates Jaelyn	31	20.78	586	330.55	5710.51	49.66	46	12.074	16	1.771	3.634	5.647	11.007	42
Beckwith Kayla	98	18.12	537	366.12	6388.13	45.96	121	12.832	71	1.663	3.652	6.013	10.953	52
Bell Jayn	22	23.61	634	450.92	7505.39	51.76	12	13.237	111	1.775	3.626	5.634	11.031	38
Bell Lauryn	138	18.07	536	341.78	5972.44	45.94	123	13.346	120	1.859	3.956	5.379	10.111	145
Blair Laila	118	17.30	521	178.89	3136.43	44.81	140	12.453	42	1.836	3.859	5.447	10.365	125
Bristow Hevynne	57	21.23	594	437.04	7366.28	49.11	35	13.383	123	1.727	3.633	5.790	11.010	41
Brittingham Avery	129	17.66	528	453.22	7947.58	45.41	133	13.292	115	1.632	3.765	6.127	10.624	96
Brown Alanni	19	23.12	626	353.11	6071.37	52.79	16	12.453	43	1.737	3.681	5.757	10.867	59
Brown Jillian	34	20.50	581	398.97	6799.58	48.57	56	12.233	27	1.605	3.569	6.231	11.208	29
Brown Kinley	69	19.50	563	469.46	8005.31	47.09	80	12.573	52	1.793	3.712	5.577	10.776	72
Brown-Turner Jakia	130	17.05	516	430.27	7627.83	44.87	145	12.630	56	1.826	3.873	5.476	10.328	128
Brunais Mikaela	143	16.61	507	323.29	5747.30	44.21	148	13.370	122	1.738	3.841	5.754	10.414	118
Camaj Brianna	156	17.25	520	408.10	7205.68	45.04	142	14.287	155	1.937	4.208	5.163	9.506	157
Caraway Beverlee	107	18.54	545	379.60	6588.46	46.40	104	13.086	92	1.777	3.743	5.627	10.687	84
Castro Vivian	116	19.18	557	360.64	6233.89	47.23	85	13.432	127	1.810	3.928	5.525	10.183	139
Cater AC	128	18.12	537	447.78	7792.43	45.84	122	13.116	95	1.769	3.898	5.653	10.262	133
Chavez Natalia	145	18.07	536	339.15	5927.14	45.95	124	13.887	146	1.861	4.091	5.373	9.778	154
Clardy Chloe	71	19.34	560	384.55	6621.23	47.29	83	11.953	11	1.860	3.875	5.376	10.323	129
Clayborne Alexis (Lexie)	154	15.70	488	406.92	7418.59	43.64	154	13.762	142	1.846	3.993	5.417	10.018	148
Clinton Jasha	42	20.33	578	396.91	6773.70	48.38	58	12.717	62	1.569	3.545	6.373	11.283	20
Colvin Dayuna	83	18.28	540	344.33	6004.48	46.19	114	13.058	88	1.593	3.494	6.277	11.448	11
Cooke Gia	3	24.22	644	375.90	6422.72	53.97	6	11.263	2	1.684	3.556	5.938	11.249	22
Criswell Tymberlin	106	18.17	538	329.86	5761.93	46.10	118	12.584	53	1.811	3.815	5.522	10.485	114
Cunningham JeAnna	144	17.61	527	426.51	7486.73	45.37	135	14.275	154	1.791	3.843	5.583	10.409	121
Davis Bre	77	20.05	573	407.53	6957.36	47.98	67	12.985	83	1.827	3.793	5.473	10.546	106
Davis Mykaylyn	4	23.85	638	406.82	6863.77	52.80	8	11.747	6	1.690	3.421	5.917	11.692	3
Davy Nina	99	19.18	557	382.49	6596.29	47.12	86	13.415	125	1.740	3.694	5.747	10.828	66
Delancy Olivia	159	15.14	476	408.59	7558.98	43.19	157	13.902	147	1.976	4.302	5.061	9.298	158
Dixon Jewell	151	17.56	526	270.90	4760.89	45.34	137	14.247	153	1.890	4.004	5.291	9.990	149
Elliot Yvette	96	20.33	578	354.39	6094.20	48.75	59	13.671	137	1.779	3.804	5.621	10.515	111
Estell Kaiti	15	22.64	618	515.32	8488.79	49.93	18	12.382	39	1.677	3.524	5.963	11.351	15
Evans Amiya	108	19.12	556	479.98	8218.80	46.70	89	13.409	124	1.790	3.768	5.587	10.616	98
Favours Kylie	114	17.97	534	340.51	5956.51	45.82	129	12.762	65	1.792	3.870	5.580	10.336	127
Faye Khadijah	132	20.00	572	364.74	6269.34	48.23	68	15.325	158	1.736	3.681	5.760	10.867	60
Figueroa Heaven	103	17.81	531	338.59	5932.73	45.64	131	12.566	51	1.763	3.712	5.672	10.776	73
Florence Mone	48	20.67	584	386.71	6599.09	48.88	49	13.194	106	1.674	3.535	5.974	11.315	18
Freeman Ashlynn	21	23.85	638	513.22	8403.97	51.24	9	13.197	107	1.654	3.678	6.046	10.875	58
Freeman Kennedy	122	19.12	556	436.35	7494.00	46.84	90	13.518	132	1.880	3.916	5.319	10.215	136
Gillispie Kendra	93	20.22	576	565.06	9474.52	47.37	62	13.610	136	1.769	3.770	5.653	10.610	99
Glover Kayla	50	20.33	578	340.21	5867.70	48.90	60	12.455	44	1.720	3.698	5.814	10.817	70
Godfrey Knisha	59	19.94	571	434.12	7393.33	47.70	71	12.666	59	1.718	3.610	5.821	11.080	33
Gordon Karina	39	21.23	594	349.63	6007.28	50.06	36	12.948	80	1.754	3.613	5.701	11.071	35
Gordon Myra	56	21.58	600	470.88	7872.60	49.20	31	13.162	101	1.746	3.763	5.727	10.630	94
Green McKinzie	11	22.58	617	393.43	6667.60	51.29	19	11.821	8	1.749	3.563	5.718	11.226	26
Gudino Genevieve	53	20.61	583	386.05	6590.41	48.82	52	12.712	61	1.746	3.688	5.727	10.846	63
Guilloux Janiya	111	19.67	566	458.08	7804.02	47.30	76	13.919	148	1.793	3.809	5.577	10.501	112
Hamilton Tyra	30	22.70	619	364.34	6233.00	51.94	17	13.309	116	1.752	3.637	5.708	10.998	43
Harmon Rori	7	24.10	642	409.37	6901.88	53.09	7	11.934	10	1.710	3.478	5.848	11.501	6
Harris Elsie	102	18.86	551	418.91	7226.30	46.62	98	13.224	110	1.790	3.723	5.587	10.744	74

Hollingshead Jillian	95	19.18	557	458.99	7864.69	46.81	87	13.149	98	1.720	3.725	5.814	10.738	77
Hudgins Marya	126	18.33	541	344.97	6012.52	46.25	111	13.469	129	1.873	3.813	5.339	10.490	113
Hueston Tracy	49	21.18	593	538.10	8942.94	48.34	39	13.160	100	1.682	3.651	5.945	10.956	51
Hunter Kyndal	55	20.61	583	200.17	3645.91	52.08	53	12.876	73	1.734	3.656	5.767	10.941	55
Hylton Tineya	45	22.05	608	328.05	5679.53	51.63	25	13.253	112	1.767	3.746	5.659	10.678	86
Ivey Kaylah	147	15.84	491	361.25	6534.45	43.56	153	12.874	72	1.873	4.014	5.339	9.965	151
Jackson Jordan	63	20.00	572	448.91	7628.34	47.68	69	13.017	84	1.671	3.566	5.984	11.217	28
Jackson Logan	17	23.67	635	498.35	8194.34	51.21	10	13.362	121	1.616	3.490	6.188	11.461	9
James Aziaha	47	21.23	594	364.20	6233.78	49.87	37	12.374	38	1.789	3.856	5.590	10.373	124
James Jayla	29	22.34	613	526.18	8669.48	49.54	21	12.290	31	1.809	3.844	5.528	10.406	122
Jewett Laila	104	19.12	556	403.62	6950.40	46.96	91	13.048	87	1.781	3.847	5.615	10.398	123
Johnson Diamond	92	18.07	536	341.78	5972.44	45.94	125	12.887	74	1.591	3.555	6.285	11.252	21
Johnson Jala	54	20.27	577	452.83	7671.10	47.94	61	12.259	29	1.801	3.767	5.552	10.619	97
Johnson Karley	133	16.08	496	389.26	7024.18	43.90	151	12.734	64	1.659	3.684	6.028	10.858	62
Johnson Tomia	33	21.46	598	381.31	6495.77	49.97	33	12.727	63	1.726	3.607	5.794	11.090	32
Jones Amari	120	18.28	540	362.87	6321.58	46.14	115	13.867	145	1.690	3.646	5.917	10.971	48
Jones Janelle	117	18.07	536	420.65	7331.44	45.82	126	13.221	109	1.828	3.778	5.470	10.588	100
Jones Sahara	65	21.06	591	376.85	6433.82	49.49	42	13.534	133	1.748	3.648	5.721	10.965	49
Jones Sophia	81	19.12	556	332.72	5772.60	47.32	92	12.920	77	1.799	3.676	5.559	10.881	57
Jones Tamia	6	24.66	651	463.01	7667.99	52.88	4	11.696	5	1.731	3.631	5.777	11.016	40
Kelly Deja	46	20.67	584	444.00	7505.09	48.42	50	12.331	35	1.777	3.748	5.627	10.672	87
Law Izabella	148	16.46	504	346.10	6177.73	44.13	149	13.724	140	1.897	3.911	5.271	10.228	134
Lawson Kaydan	90	18.33	541	408.66	7099.72	46.10	112	12.323	33	1.735	3.734	5.764	10.712	80
Lesavich Katherine	113	18.43	543	372.88	6481.66	46.30	106	13.176	104	1.812	3.816	5.519	10.482	115
Lippelman Ella	141	17.30	521	332.22	5854.43	45.03	141	13.044	86	1.820	3.980	5.495	10.050	147
Love Koi	38	20.78	586	503.01	8428.51	48.16	47	12.289	30	1.753	3.695	5.705	10.825	68
Luna Brooklyn	60	20.50	581	284.98	4987.58	49.88	57	12.702	60	1.729	3.727	5.784	10.732	78
Lyons Paige	5	24.72	652	367.78	6318.69	54.95	3	12.220	25	1.697	3.485	5.893	11.478	8
Maietta Melina	105	18.38	542	372.19	6473.58	46.24	109	12.603	55	1.835	3.841	5.450	10.414	119
McConnell Modesti	76	19.39	561	354.97	6131.27	47.53	82	12.789	68	1.788	3.723	5.593	10.744	75
McDaniel Cencere	109	18.65	547	367.58	6378.21	46.56	102	13.082	91	1.786	3.796	5.599	10.537	108
McGee Caitlin	28	20.22	576	466.17	7889.02	47.81	63	12.122	19	1.661	3.481	6.020	11.491	7
McGhee-Pleasant Tayjanna	37	22.05	608	498.03	8261.63	49.47	26	13.283	114	1.710	3.642	5.848	10.983	44
McGill Nabaweeyah	152	15.18	477	432.84	8019.08	43.35	156	13.474	130	1.798	3.891	5.562	10.280	132
McGruder Kendall	70	18.17	538	343.06	5988.43	46.06	119	11.785	7	1.717	3.690	5.824	10.840	64
McLean Mir	1	27.45	694	473.17	7826.68	56.31	1	12.768	66	1.585	3.346	6.309	11.955	2
McPherson Kayla	8	23.54	633	419.16	7042.96	52.17	13	12.520	48	1.669	3.452	5.992	11.587	4
McSwain Ashia	125	17.86	532	417.51	7299.64	45.62	130	13.137	97	1.813	3.818	5.516	10.477	116
Melious Nicole	153	14.91	471	293.40	5349.34	42.12	158	12.942	78	1.839	4.013	5.438	9.968	150
Middleton Kierra	35	21.12	592	406.53	6895.62	49.25	40	12.382	40	1.725	3.690	5.797	10.840	65
Midget Jahnae	123	20.55	582	448.19	7578.34	48.27	55	14.437	156	1.926	3.946	5.192	10.137	143
Moore Courtney	85	18.65	547	335.38	5834.61	46.68	103	12.475	46	1.824	3.738	5.482	10.701	82
Moore Janel	61	20.67	584	372.39	6372.59	49.02	51	12.725	51	1.740	3.696	5.747	10.823	69
Moore Mia	18	21.41	597	380.68	6486.87	49.90	34	11.989	12	1.664	3.474	6.010	11.514	5
Morgan Tonie	13	21.93	606	395.33	6703.36	50.40	27	11.679	4	1.692	3.518	5.910	11.370	14
Mwenentanda Ndjakalenga	74	22.11	609	418.20	7047.59	50.34	24	13.816	144	1.856	3.923	5.388	10.196	138
Myers Aria	44	19.78	568	348.26	6008.90	48.07	74	12.505	47	1.654	3.525	6.046	11.348	16
Nicholson Javyn	78	18.80	550	539.55	9256.61	46.28	99	12.133	20	1.762	3.803	5.675	10.518	110
Oden Jayla	27	20.78	586	367.91	6299.41	49.21	48	12.180	22	1.707	3.558	5.858	11.242	24
Ott Yasmin	16	22.28	612	378.23	6440.66	51.12	22	12.100	18	1.722	3.559	5.807	11.239	25
Owen Skye	94	18.17	538	303.47	5308.93	46.16	120	12.235	28	1.791	3.794	5.583	10.543	107
Owusu Ashley	149	17.46	524	436.94	7689.76	45.23	138	13.724	141	1.861	4.108	5.373	9.737	156
Patterson MaKayla	43	19.89	570	335.50	5799.34	48.33	72	12.225	26	1.692	3.612	5.910	11.074	34
Peaks Jasmine	66	21.23	594	402.07	6822.68	49.44	38	13.258	113	1.772	3.763	5.643	10.630	95
Perez Brenna	87	19.18	557	464.45	7955.29	46.80	88	12.781	67	1.740	3.761	5.747	10.635	93
Perry Beyonce	110	18.23	539	356.91	6222.95	46.10	116	13.030	85	1.743	3.759	5.737	10.641	91
Perry Myka	75	18.43	543	346.24	6028.66	46.37	107	12.033	14	1.753	3.735	5.705	10.710	81
Philson Kennedy	32	22.46	615	482.65	8008.26	50.05	20	13.172	103	1.747	3.644	5.724	10.977	45
Portalis Kamari	40	20.61	583	371.75	6363.91	48.95	54	12.789	69	1.704	3.556	5.869	11.249	23
Porter Olivia	79	19.23	558	410.55	7057.59	47.05	84	13.074	89	1.707	3.629	5.858	11.022	39
Potts Addison	134	17.61	527	387.74	6807.23	45.38	136	12.910	75	1.843	3.933	5.426	10.170	141
Price Kathryn	88	19.61	565	415.70	7116.10	47.44	78	13.187	105	1.788	3.729	5.593	10.727	79
Price Zaya	135	18.43	543	332.93	5802.16	46.42	108	13.995	149	1.818	3.781	5.501	10.579	101
Rakestraw Deja	82	18.07	536	381.22	6651.94	45.88	127	12.466	45	1.733	3.606	5.770	11.093	31

Range Britany	86	19.12	556	409.08	7041.00	46.94	93	12.663	58	1.775	3.781	5.634	10.579	102
Reese Angel	12	23.54	633	512.30	8401.96	50.92	14	12.307	32	1.677	3.615	5.963	11.065	37
Reynolds Mila	115	18.91	552	419.67	7234.51	46.67	96	13.487	131	1.768	3.842	5.656	10.411	120
Roden Audrey	52	19.89	570	363.46	6252.34	48.09	73	12.520	49	1.731	3.603	5.777	11.102	30
Roe Helena	139	18.33	541	398.04	6918.52	46.12	113	14.244	152	1.770	3.752	5.650	10.661	88
Rohlfing Isabel	142	16.81	511	421.08	7499.01	44.64	147	13.323	118	1.746	3.884	5.727	10.299	131
Rosier Jordan	136	17.76	530	402.95	7057.33	45.53	132	13.415	126	1.781	3.837	5.615	10.425	117
Rottkamp Riley	157	14.06	452	239.44	4358.10	40.35	159	13.569	135	1.835	4.055	5.450	9.864	152
Rutledge Jade	127	18.91	552	446.75	7687.51	46.59	97	14.030	150	1.763	3.783	5.672	10.574	103
Samuel Savannah	10	24.47	648	429.09	7185.99	53.23	5	12.524	50	1.688	3.671	5.924	10.896	56
Scarlett MacKayla	73	19.45	562	399.71	6864.43	47.34	81	12.950	81	1.743	3.645	5.737	10.974	46
Scott Madison	9	23.67	635	513.92	8420.84	51.04	11	12.435	41	1.628	3.510	6.143	11.396	13
Semones Aiken	158	15.89	492	289.59	5182.76	43.19	152	14.068	151	2.075	4.357	4.819	9.181	159
Singer Sophia	24	23.42	631	479.73	7930.15	51.16	15	13.686	138	1.769	3.565	5.653	11.220	27
Smith Adrianna	97	18.80	550	472.11	8124.11	46.42	100	13.100	93	1.716	3.694	5.828	10.828	67
Smith Mariah	150	15.37	481	368.05	6733.90	43.17	155	13.213	108	1.832	3.867	5.459	10.344	126
Starks Kania	51	20.00	572	322.65	5589.84	48.61	70	12.075	17	1.840	3.752	5.435	10.661	89
Steele Laci	72	20.22	576	367.29	6303.52	48.49	64	12.916	76	1.779	3.791	5.621	10.551	105
Storr Jaleah	140	17.20	519	407.31	7197.94	44.99	143	13.150	99	1.869	3.919	5.350	10.207	137
Sullivan Keegan	26	21.81	604	474.02	7908.45	49.43	30	12.037	15	1.787	3.759	5.596	10.641	92
Summers Gem	36	22.16	610	418.89	7056.67	50.40	23	13.336	119	1.723	3.614	5.804	11.068	36
Teal Baylee	14	21.93	606	371.55	6340.96	50.73	28	11.821	9	1.653	3.491	6.050	11.458	10
Timmons Jessica	101	17.66	528	388.48	6815.08	45.43	134	12.147	21	1.791	3.784	5.583	10.571	104
Todd Tyana	100	16.95	514	365.57	6480.00	44.69	146	11.177	1	1.811	3.913	5.522	10.222	135
Torrence Makayla	62	21.12	592	406.53	6895.62	49.25	41	12.942	79	1.727	3.801	5.790	10.524	109
Tucker Olivia	80	19.61	565	318.70	5530.60	48.09	79	12.979	82	1.744	3.743	5.734	10.687	85
Turrall Erin	112	18.07	536	341.78	5972.44	45.94	128	13.108	94	1.764	3.754	5.669	10.655	90
Velazquez Savannah	121	17.46	524	262.16	4609.36	45.19	139	12.340	36	1.859	3.931	5.379	10.176	140
Wagner Samantha	146	17.10	517	405.74	7182.52	44.89	144	13.466	128	1.851	4.076	5.402	9.814	153
Walker Jada	67	18.80	550	350.71	6085.61	46.81	101	12.195	23	1.773	3.650	5.640	10.959	50
Washington Kelbie	2	25.04	657	435.05	7273.41	53.88	2	11.299	3	1.572	3.343	6.361	11.965	1
White Bre'yon	41	21.52	599	464.22	7773.08	49.20	32	13.125	96	1.712	3.645	5.841	10.974	47
White Tierra	137	19.78	568	543.28	9179.90	47.08	75	14.478	157	1.843	3.952	5.426	10.121	144
Williams Gracen	68	19.12	556	395.44	6814.50	47.00	94	12.323	34	1.730	3.683	5.780	10.861	61
Williams Jazmyn	58	20.89	588	389.36	6633.99	49.14	45	12.795	70	1.718	3.741	5.821	10.692	83
Wilson Nyah	25	21.01	590	390.68	6651.53	49.27	43	12.214	24	1.684	3.534	5.938	11.319	17
Wright Amari	20	21.87	605	385.78	6558.45	50.45	29	12.363	37	1.660	3.497	6.024	11.438	12
Young Zaakyaa	84	19.12	556	357.26	6180.30	47.18	95	13.076	90	1.706	3.653	5.862	10.950	53
Youngblood Triniti	131	18.23	539	475.88	8261.45	45.90	117	13.166	102	1.861	3.956	5.373	10.111	146

Test Descriptions

Vertical Jump- Total Power

To measure vertical power production of the full body using a countermovement jump WITH the use of arm action. The results are listed in inches.

Flight time (FT; ms): is the time that the athlete is not in contact with the mat for a given jump

Height: The height achieved by an athlete in a particular jump.

Impulse: is the net upward impulse of each athlete or the net upward momentum (derived from the take-off velocity)

Peak Power Output (PPO; Watts): Is the peak power output of the jump, calculated using the equations of Sayers (Sayers, S.P., Harackiewicz, D.V., Harman, E.A., Frykman, P.N., and Rosentein, M.T. (1999) Cross-validation of three jump power equations.

PPO/Mass: Is the power output to mass (body weight) ratio of the athlete

Linear Sprint

To measure the acceleration of athletes sprinting in a straight line. Multiple splits can be measured, but 10, 20, 40 and 60 are the most common in athletic development. The results are listed in seconds. The velocity is their speed in miles per hour, to indicate acceleration.

NBA Lane Agility

The Lane Agility drill is used to test body control, change of direction and speed, as the players work their way around the lane, sprinting forward, backpedaling and moving laterally around cones.