

Lucas Rising Stars

6/22/19

Protocol

Name

Overall Rank	Height	Vertical Jump				Jump Rank	Lane Agility Total	Agility Rank	Serpentine Drill					Serp Rank
		FT	Impulse	PPO	PPO/Mass				Split 1	Split 2	Split 3	Gate	Total	
69	19.39	561	192.62	3458.57	49.41	40	13.825	82	3.047	2.705	3.333	0 1 1	9.085	98
13	18.23	539	467.95	8125.55	45.91	73	10.676	1	2.790	2.502	2.681	1 0 1	7.973	21
75	17.46	524	200.48	3552.16	45.16	85	13.441	61	2.507	2.827	3.337	0 1 1	8.671	69
95	16.03	495	216.09	3800.50	42.70	107	13.228	50	2.894	2.785	3.202	0 1 0	8.881	87
111	15.23	478	182.88	3179.08	40.76	110	14.150	95	3.260	2.735	3.177	0 1 0	9.172	100
92	16.61	507	285.99	5067.80	44.07	98	13.975	91	3.038	2.739	2.706	0 1 0	8.483	58
102	16.51	505	222.93	3920.24	43.56	101	14.354	102	3.000	3.195	2.479	0 0 1	8.674	70
82	16.91	513	281.82	4977.46	44.44	94	13.420	60	2.854	2.941	2.895	1 1 1	8.690	75
19	18.91	552	230.14	4063.51	47.81	50	11.991	5	2.702	2.532	2.457	1 1 0	7.691	8
44	20.38	579	221.52	3973.71	50.95	18	11.719	3	4.301	2.717	2.931	1 0 1	9.949	114
94	16.41	503	234.39	4131.73	43.49	102	12.589	18	2.965	3.622	2.810	0 0 1	9.397	103
16	20.44	580	341.39	5884.94	49.04	16	12.326	11	2.776	2.725	2.510	1 0 1	8.011	25
2	21.87	605	471.84	7872.15	49.51	7	11.675	2	2.728	2.687	2.359	1 1 0	7.774	11
45	18.54	545	213.86	3779.86	47.25	63	13.051	41	2.713	2.843	2.753	1 0 1	8.309	44
7	21.81	604	325.89	5643.45	51.30	8	12.464	14	2.227	2.761	2.927	1 1 1	7.915	18
77	20.27	577	268.87	4726.60	49.75	23	13.763	76	3.449	3.043	3.257	1 0 0	9.749	110
83	18.28	540	206.60	3648.88	46.78	69	14.578	107	2.881	2.785	2.920	1 0 1	8.586	64
91	15.65	487	250.82	4466.83	42.54	109	13.562	71	2.968	2.791	2.531	0 0 1	8.290	43
21	20.00	572	238.48	4230.84	49.77	28	12.348	12	2.761	2.866	2.574	0 1 0	8.201	33
68	17.46	524	205.62	3612.76	45.16	86	13.801	79	2.779	2.334	3.113	0 1 0	8.226	35
12	20.55	582	319.73	5539.84	49.46	15	12.764	26	2.592	2.657	2.437	1 0 1	7.686	7
81	17.35	522	217.63	3823.69	44.98	89	13.947	89	2.854	2.910	2.765	1 0 1	8.529	61
73	18.80	550	364.20	6312.11	46.76	58	14.248	99	3.314	2.804	2.621	0 1 0	8.739	80
58	18.33	541	225.56	3974.02	46.75	68	13.041	40	2.957	2.875	2.627	1 0 1	8.459	57
61	18.86	551	256.75	4508.30	47.46	54	13.461	63	2.964	2.720	2.852	0 1 0	8.536	62
116	14.24	456	201.30	3569.74	39.66	116	15.397	111	3.095	3.017	3.931	0 1 0	10.043	115
46	20.38	579	369.20	6329.31	48.69	19	14.296	100	2.970	2.579	2.817	0 1 0	8.366	48
32	21.52	599	287.93	5055.08	51.58	10	13.466	65	3.057	2.614	3.008	1 0 0	8.679	71
103	19.12	556	212.72	3779.40	48.45	44	16.700	114	2.995	2.861	2.542	0 1 0	8.398	53
96	16.56	506	277.98	4924.36	43.97	100	13.514	68	3.482	3.018	2.475	0 0 1	8.975	95
6	20.33	578	396.91	6773.70	48.38	22	12.533	15	2.379	2.289	2.266	0 1 0	6.934	1
24	19.12	556	223.63	3960.60	48.30	45	12.739	25	2.601	2.549	2.618	0 1 1	7.768	10
110	16.12	497	292.53	5219.57	43.50	105	14.222	98	3.546	2.871	3.059	0 1 0	9.476	105
98	17.00	515	255.13	4494.46	44.50	90	14.157	96	3.151	2.914	2.829	1 0 1	8.894	89
80	19.89	570	246.03	4349.74	49.43	32			3.139	3.631	3.175	0 1 1	9.945	113
67	15.74	489	237.46	4209.56	42.52	108	12.955	36	2.556	2.644	2.756	1 1 0	7.956	20
31	19.89	570	383.03	6569.44	47.95	33	12.920	34	3.177	2.476	2.635	0 1 0	8.288	42
42	19.12	556	272.72	4776.00	47.76	46	13.383	57	2.870	2.831	2.443	1 0 1	8.144	31
106	16.91	513	289.37	5113.36	44.46	95	14.365	103	2.963	2.894	3.280	1 0 0	9.137	99
25	18.91	552	379.06	6555.01	46.82	51	12.306	9	2.557	2.859	2.563	1 0 1	7.979	23
114	15.14	476	350.22	6426.48	42.84	111	16.363	113	3.682	2.953	3.050	1 0 1	9.685	107
87	14.64	465	285.10	5216.94	41.74	115	12.771	27	2.892	2.706	2.611	1 1 1	8.209	34
85	18.02	535	249.30	4378.97	46.09	78	13.480	66	2.868	3.314	3.001	1 0 0	9.183	101
41	17.56	526	283.80	4987.39	45.34	84	12.869	32	2.563	2.543	2.648	0 1 0	7.754	9
72	18.59	546	254.42	4467.48	47.03	61	13.801	80	2.857	2.788	3.269	1 1 0	8.914	91
17	20.78	586	273.06	4804.51	50.57	13	13.094	45	2.672	2.618	2.394	1 0 1	7.684	6
37	18.75	549	274.67	4809.03	47.15	60	12.233	7	2.738	2.730	3.090	0 1 0	8.558	63
78	19.07	555	217.78	3861.73	48.27	48	14.538	105	3.036	2.974	2.727	1 0 1	8.737	79
28	21.99	607	285.82	5036.29	52.46	6	13.928	88	2.920	2.711	2.863	1 1 1	8.494	59
35	17.76	530	246.97	4339.33	45.68	79	12.353	13	2.773	2.595	2.491	1 0 1	7.859	16
60	18.54	545	280.69	4912.36	46.78	64	12.583	17	2.904	2.703	3.329	1 0 0	8.936	94
39	18.38	542	239.27	4208.58	46.76	67	12.950	35	2.705	2.639	2.692	1 1 0	8.036	27
4	24.72	652	287.83	5186.19	57.62	2	12.658	22	2.677	2.506	3.338	0 1 1	8.521	60
50	19.83	569	307.00	5337.86	48.53	34	13.884	86	2.809	2.998	2.621	0 1 0	8.428	55
15	21.12	592	284.57	4993.02	50.95	11	13.024	38	2.588	2.438	2.819	0 1 1	7.845	14
8	20.44	580	401.13	6836.24	48.48	17	11.919	4	2.541	2.680	2.438	1 0 1	7.659	5
23	19.94	571	196.05	3542.83	50.61	29	12.775	28	2.740	2.489	2.707	1 1 0	7.936	19
109	16.61	507	186.51	3255.80	43.41	99	14.042	93	3.777	3.113	2.858	1 1 1	9.748	109
3	24.35	646	475.29	7846.22	52.31	3	12.787	30	3.143	2.357	2.740	1 0 1	8.240	36
79	18.86	551	278.37	4870.70	47.29	55	14.001	92	2.781	2.865	3.386	0 1 1	9.032	97
86	17.46	524	334.13	5877.76	45.21	87	13.803	81	2.863	3.050	2.880	1 1 1	8.793	81
56	19.94	571	266.07	4675.33	49.21	30	13.605	73	3.243	2.723	2.830	0 1 1	8.796	82
53	20.11	574	295.62	5153.90	49.08	26	13.859	84	3.008	2.617	3.055	1 0 0	8.680	73
115	14.91	471	369.64	6844.24	42.78	113	15.825	112	3.458	2.745	3.723	0 1 1	9.926	112
14	23.00	624	266.28	4784.36	54.99	5	13.409	59	3.260	2.909	2.266	0 1 0	8.435	56
108	16.37	502	221.61	3897.75	43.31	103	15.254	110	2.893	3.038	2.748	1 1 0	8.679	72
48	18.86	551	372.97	6456.20	46.78	56	13.312	54	2.903	2.633	2.795	1 0 1	8.331	45
26	19.61	565	360.27	6210.10	47.77	37	12.779	29	2.849	2.499	2.652	0 1 0	8.000	24

Munnial Cayden	27	20.11	574	211.16	3794.90	50.60	27	13.291	52	2.838	2.635	2.505	10 1	7.978	22
Murphy III Calvin	59	17.46	524	295.58	5198.26	45.20	88	13.078	42	2.533	2.575	2.952	10 1	8.060	28
Naum Loukas	40	18.12	537	237.06	4168.43	46.32	75	12.238	8	2.701	2.811	2.880	11 0	8.392	52
Nunn Dylan	43	19.61	565	221.71	3945.10	49.31	38	13.829	83	2.811	2.883	2.442	00 1	8.136	30
Nunn Trae	55	18.86	551	372.97	6456.20	46.78	57	13.963	90	2.792	2.472	2.805	01 0	8.069	29
Olivarez JP	57	18.80	550	323.73	5632.61	46.94	59	12.956	37	3.045	2.723	2.938	01 0	8.706	77
Onwe Edison	18	19.50	563	331.38	5740.31	47.84	39	12.655	21	2.630	2.450	2.315	01 0	7.395	3
Osborne Myles	99	19.29	559	230.32	4076.10	48.53	42	14.556	106	3.632	2.854	3.271	01 1	9.757	111
Patel Shyam	90	16.86	512	258.67	4562.13	44.29	96	13.787	77	3.323	2.887	2.474	11 0	8.684	74
Payne Kristian	54	20.22	576	282.53	4944.52	49.45	24	13.907	87	2.888	2.998	2.825	01 0	8.711	78
Pedrotti Christian	29	18.59	546	241.03	4240.98	47.12	62	12.597	19	2.729	2.855	2.245	10 1	7.829	13
Pinkard William	47	18.28	540	217.19	3830.08	46.71	70	13.086	43	2.870	2.669	2.657	11 0	8.196	32
Plaza Julian	70	18.49	544	253.49	4451.25	46.86	65	13.531	70	2.896	3.254	2.765	10 1	8.915	92
Ramirez Daimen	84	16.12	497	292.53	5219.57	43.50	106	13.572	72	2.886	2.873	2.497	10 1	8.256	37
Ray Brendon	9	23.30	629	447.36	7458.39	51.44	4	12.534	16	3.584	2.714	2.595	10 1	8.893	88
Rhoades- Martinez Dominic	22	19.67	566	333.15	5765.52	48.05	36	12.658	23	2.875	2.530	2.478	01 0	7.883	17
Richardson Chase	34	18.91	552	243.68	4290.01	47.67	52	12.890	33	2.924	2.530	2.575	01 0	8.029	26
Riley Dyson	88	18.23	539	248.52	4365.65	46.44	74	13.792	78	3.468	3.081	2.706	10 1	9.255	102
Roberts Torrance	30	20.38	579	213.00	3837.81	51.17	20	13.217	49	2.881	2.768	2.633	01 0	8.282	39
Scales Jaden	107	19.39	561	203.63	3639.77	49.19	41	14.586	108	3.677	3.243	3.214	10 0	10.134	116
Schindler Marvin	20	20.89	588	236.50	4233.09	51.62	12	13.303	53	2.970	2.432	2.385	11 1	7.787	12
Scott De'Shon	64	19.83	569	547.03	9233.66	47.11	35	14.328	101	3.219	2.924	2.554	00 1	8.697	76
Shiflett Christian	89	17.66	528	214.96	3779.98	45.54	82	14.062	94	2.885	3.072	2.887	11 0	8.844	85
Simeus Maleek	38	20.38	579	318.08	5513.91	49.23	21	13.373	56	3.087	2.830	2.719	01 0	8.636	68
Smith Anthony	36	18.96	553	244.12	4298.24	47.76	49	12.696	24	3.103	2.472	2.712	10 1	8.287	41
Smith Trae	97	17.71	529	311.37	5463.95	45.53	80	14.379	104	3.066	3.065	2.855	11 1	8.986	96
Song Joseph	66	16.95	514	272.29	4803.90	44.48	92	13.090	44	2.925	2.659	2.773	10 1	8.357	47
Stephens Jr. Domanique	100	17.00	515	265.24	4675.66	44.53	91	13.452	62	3.366	3.015	3.053	01 1	9.434	104
Stone Chace	104	14.86	470	161.37	2760.23	39.43	114	13.465	64	2.745	2.802	3.069	01 1	8.616	66
Strom Pierce	93	16.32	501	196.59	3437.29	42.97	104	13.167	48	3.086	2.440	3.374	11 0	8.900	90
Thomas Mason	5	21.81	604	325.89	5643.45	51.30	9	12.654	20	2.448	2.784	2.264	00 1	7.496	4
Thomas Mayson	76	18.07	536	420.65	7331.44	45.82	76	13.663	74	3.174	2.596	3.047	01 0	8.817	83
Thompkins Nehemiah	65	19.94	571	397.71	6804.43	47.92	31	13.026	39	3.491	3.219	3.011	11 0	9.721	108
Tillman Isaiah	101	16.66	508	219.27	3852.26	43.78	97	14.214	97	3.070	2.931	2.821	10 1	8.822	84
Todd Talon	51	18.49	544	272.17	4768.35	46.75	66	13.263	51	2.938	2.468	2.854	01 1	8.260	38
Todd Tyme	74	18.28	540	254.28	4464.28	46.50	71	13.675	75	3.157	2.673	3.042	10 1	8.872	86
Twibell Rex	71	17.71	529	376.24	6596.45	45.49	81	13.496	67	2.992	2.834	2.768	01 1	8.594	65
Wald Carson	11	18.91	552	189.53	3384.01	48.34	53	12.315	10	2.461	2.483	2.173	01 0	7.117	2
Ward Isaiah	33	20.61	583	357.45	6137.41	49.10	14	13.405	58	3.014	2.769	2.596	01 0	8.379	50
Webb Breyton	62	19.18	557	275.94	4829.59	47.82	43	13.861	85	3.157	2.624	2.850	10 1	8.631	67
Wheatfall Bryson	49	18.07	536	273.42	4794.64	46.10	77	12.848	31	2.692	2.673	2.919	10 0	8.284	40
Wheaton Judah	52	19.12	556	316.35	5500.80	47.42	47	13.521	69	2.999	2.583	2.809	10 0	8.391	51
Wilkins Jayden	112	16.95	514	226.91	3988.50	44.32	93	14.720	109	3.436	3.121	3.095	10 0	9.652	106
Winkler III Tim	105	15.00	473	336.41	6178.79	42.61	112	13.158	47	2.798	3.438	2.690	10 1	8.926	93
Woodfork Chad	1	27.25	691	542.30	8747.05	54.67	1	13.364	55	2.785	3.049	2.501	00 1	8.335	46
Zeigler Cameron	10	20.22	576	296.65	5171.02	49.25	25	12.039	6	2.992	3.329	2.529	10 1	7.850	15
Zeitz Bohdan	63	17.66	528	284.88	5003.08	45.48	83	13.121	46	2.610	2.904	2.902	01 0	8.416	54
Zuniga Edgar	113	18.28	540	307.25	5370.28	46.30	72	20.475	115	2.685	2.883	2.800	10 1	8.368	49

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

NBA Lane Agility

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.

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.

Serpentine Drills

Serpentine Drills are designed to test and train reactions to central visual cues during sprinting and are ideal in all sports where athletes must react to athletes in front of them. As an athlete moves through a course of gates, they must react to central visual cues and change direction or perform specific activities. Can be done with or without balls - excellent for developing ball-handling and downfield vision.