

Lucas Rising Stars  
6/23/18



Protocol

Name	Overall	Vertical Jump					Jump	Lane Agility	Agility	Serpentine Drill					Serp Rank
	Rank	Height	FT	Impulse	PPO	PPO/Mass	Rank	Total	Rank	Split 1	Split 2	Split 3	Gate	Total	
Agrawal Arnav	92	16.41	503	157.90	2727.43	42.62	92	13.925	86	3.735	3.611	3.311	0 0 1	10.657	79
Ainsworth Makini	63	20.22	576	245.80	4355.62	50.06	40	13.982	87	3.349	3.161	3.955	1 1 0	10.465	68
Anderson Christian	21	18.70	548	241.91	4257.26	47.30	65	12.510	22	3.025	2.816	2.488	1 0 1	8.329	3
Andrews III Anthony	96	17.46	524	454.93	8006.86	45.24	75	14.357	96	3.362	3.797	4.168	1 1 0	11.327	91
Begg Justin	15	20.27	577	277.36	4862.50	49.62	39	12.622	30	2.855	2.672	3.127	1 1 0	8.654	10
Bend Elias	61	17.41	523	205.23	3604.97	45.06	78	14.083	90	2.713	3.267	2.834	1 1 0	8.814	15
Biddle Josiah	6	24.04	641	364.72	6258.13	53.95	9	12.339	16	3.245	2.975	2.978	1 0 1	9.198	26
Biegel Charles "Chas"	56	18.33	541	350.28	6103.12	46.24	70	13.566	70	3.384	3.146	2.990	0 1 0	9.520	40
Binder Maverick	46	18.33	541	329.05	5740.72	46.30	71	12.754	34	3.125	3.413	2.871	1 0 1	9.409	35
Bivens J London	31	23.30	629	246.82	4513.89	56.42	13	14.037	89	3.224	3.518	3.277	0 1 0	10.019	59
Black Elijah	32	21.06	591	246.40	4395.32	51.71	27	13.467	63	3.442	2.907	2.993	0 1 1	9.342	32
Brown Jermaurhiyon	8	21.81	604	370.33	6322.95	50.58	19	12.975	46	3.106	2.793	2.507	1 0 1	8.406	6
Budenholzer John	85	17.10	517	316.99	5597.02	44.78	82	14.906	103	3.438	3.382	3.122	0 0 1	9.942	56
Bunton Julian	55	20.67	584	272.13	4787.09	50.39	29	13.770	81	3.581	3.412	3.543	1 0 1	10.536	72
Buntyn Uziah	100	17.46	524	231.32	4065.76	45.18	76	13.148	53	3.128	3.632	5.899	1 0 0	12.659	102
Caesar Noah	53	18.91	552	238.27	4199.41	47.72	61	13.575	71	3.318	2.795	3.552	0 1 1	9.665	46
Cantave Jachai	48	19.78	568	292.53	5102.90	48.60	50	12.478	20	3.829	3.211	3.438	0 1 0	10.478	69
Carswell Jalen	57	20.50	581	256.48	4534.58	50.38	33	12.861	39	4.027	3.812	3.401	1 0 1	11.240	89
Castillo Isaac	103	17.00	515	202.09	3543.16	44.29	84	14.632	102	3.323	4.917	3.801	1 0 0	12.041	97
Chretien II Jamal	27	20.55	582	279.76	4905.64	50.06	32	12.781	37	3.625	2.911	2.942	0 1 0	9.478	37
Cianfrini Will	18	19.18	557	232.23	4104.79	48.29	57	12.081	11	2.875	3.054	2.635	1 0 1	8.564	9
Colzie Jaden	68	23.54	633	294.96	5230.96	55.06	11	12.685	32	2.950	3.952	6.464	1 0 0	13.366	104
Cowgill Camden	69	16.27	500	232.99	4109.33	43.26	96	13.499	65	2.958	3.068	3.085	1 0 0	9.111	22
Crotwell Reed	66	17.15	518	254.08	4472.23	44.72	80	12.867	40	3.120	3.660	3.192	1 1 1	9.972	57
Dalberg Sean	86	17.51	525	489.27	8603.57	45.28	74	14.956	104	3.764	3.339	3.026	0 1 0	10.129	62
Douglas Jacob	17	23.42	631	241.41	4442.05	56.95	12	13.463	62	3.019	3.499	3.153	1 1 0	9.671	47
Edwards Michael	104	15.28	479	159.77	2733.21	40.19	104	15.369	106	3.855	3.789	3.197	0 0 0	10.841	84
Farfan KJ	30	20.50	581	313.48	5440.58	49.46	34	14.310	95	3.130	2.675	2.571	0 1 0	8.376	4
Flemings Kingston	10	21.99	607	193.53	3631.99	55.88	17	12.787	38	3.154	2.811	2.860	0 0 1	8.825	16
Fuller Dalen	4	27.05	688	418.46	7085.46	57.14	1	12.308	15	3.070	2.661	3.676	0 1 0	9.407	34
Gage Trae	37	19.07	555	217.78	3861.73	48.27	58	12.503	21	2.889	3.387	3.218	1 0 1	9.494	39
Garrett Elijah	75	19.83	569	237.23	4205.36	49.47	48	13.608	75	3.885	3.961	3.463	1 0 0	11.309	90
Gause Anthony	22	21.52	599	290.87	5100.38	51.52	20	12.613	28	3.212	2.988	3.612	1 1 0	9.812	52
George Max	14	20.11	574	394.17	6739.40	48.14	42	13.020	49	2.999	2.699	2.564	0 1 0	8.262	1
Georgelos Charlie	5	24.85	654	384.94	6564.63	54.71	7	12.035	6	3.148	2.768	2.772	0 1 0	8.688	11
Gill Robert	54	16.81	511	182.97	3195.51	43.77	89	12.520	23	3.537	3.106	2.806	0 1 0	9.449	36
Gonzalez Logan	93	15.84	491	279.37	4994.25	43.05	103	14.440	100	3.450	3.576	3.141	0 0 1	10.167	63
Gorham Jeremiah	65	18.54	545	240.59	4232.86	47.03	67	14.102	91	2.716	3.518	3.379	1 0 1	9.613	45
Greenwood Jayren	36	23.67	635	370.65	6337.04	53.25	10	12.054	9	4.130	4.566	3.372	1 0 1	12.068	98
Guillory "John" "Scottie" ""	49	19.83	569	334.91	5790.86	48.26	49	12.293	14	3.837	3.352	3.465	1 1 0	10.654	78
Guyton Alan	42	19.78	568	284.18	4967.00	48.70	51	13.605	74	3.224	2.907	3.072	1 1 0	9.203	27
Hall Tylan	44	16.37	502	209.30	3671.25	43.19	94	12.566	25	3.019	2.726	2.646	1 0 1	8.391	5
Hamilton William	40	22.58	617	257.24	4629.10	54.46	15	14.415	98	3.435	3.361	3.130	1 0 1	9.926	53
Hancuff Brady	64	20.44	580	284.49	4978.94	49.79	35	12.961	44	3.498	4.479	3.399	0 0 0	11.376	92
Harper Blake	50	17.41	523	282.18	4963.97	45.13	79	12.975	47	3.262	2.937	2.901	0 1 0	9.100	21
Hayes Dorian	52	15.93	493	278.09	4963.60	43.16	102	10.052	1	3.615	3.539	3.460	0 1 0	10.614	75
Herrera Trae	106	20.89	588	302.83	5274.99	50.24	28	13.000	48	6.371	4.215	5.028	0 0 0	15.614	107
Hilton Zehren	33	20.44	580	256.04	4525.94	50.29	36	13.888	85	2.706	2.971	3.121	1 0 0	8.798	14
Hines Aiden	38	18.96	553	244.12	4298.24	47.76	59	12.616	29	3.065	3.259	3.075	1 0 1	9.399	33
Holt Jaden	105	19.23	558	191.59	3433.59	49.05	56	12.760	35	2.933	4.832	7.128	0 1 0	14.893	106

Isaac Ahlias	16	22.76	620	237.21	4339.62	55.64	14	13.545	68	3.484	2.838	2.915	0 1 0	9.237	28
James TJ	28	21.12	592	284.57	4993.02	50.95	26	13.069	50	3.505	2.992	3.075	1 0 1	9.572	42
Joe Christian	77	17.81	531	520.91	9103.73	45.52	73	12.903	43	3.568	3.384	3.968	0 0 1	10.920	85
Johnson Isaiah	71	19.72	567	222.49	3961.95	49.52	53	14.021	88	3.953	3.441	3.378	1 0 1	10.772	83
Johnson Jaden	74	20.22	576	231.67	4129.12	50.36	41	12.893	42	4.056	4.008	3.936	1 1 0	12.000	96
Johnson Larrell	51	20.67	584	286.45	5013.59	50.14	30	13.127	52	3.601	3.659	3.392	0 0 1	10.652	77
Jones Justin	9	24.41	647	269.75	4911.35	57.78	8	12.044	7	3.979	3.730	2.793	0 0 1	10.502	70
Jordan Caleb	108	18.17	538	316.67	5535.43	46.13	72	16.498	108	5.106	4.112	9.285	1 0 1	18.503	108
Krueger Kasen	12	21.29	595	350.22	6016.13	50.13	25	12.071	10	3.429	2.983	2.846	0 1 1	9.258	30
Livingston Jr Randy	62	18.75	549	296.21	5171.43	47.01	64	13.336	60	3.495	3.403	3.193	0 0 1	10.091	61
Lowe Eian	25	19.72	567	194.68	3508.95	50.13	54	12.389	17	3.343	2.926	3.035	0 1 0	9.304	31
Luzey Morgan	91	16.71	509	197.23	3452.13	43.70	90	13.632	76	4.302	3.395	3.326	0 1 1	11.023	87
Luzey Tres	34	19.78	568	222.88	3970.40	49.63	52	12.405	18	3.682	2.899	3.029	0 1 1	9.610	43
Martin Raymond	101	17.10	517	342.34	6050.02	44.81	83	13.738	80	4.042	4.869	3.288	0 0 0	12.199	99
Martinez III Michael	80	16.37	502	184.67	3218.25	42.91	95	13.521	66	3.343	3.626	3.031	0 0 1	10.000	58
McLemore Isaiah	1	18.49	544	258.83	4541.85	46.82	68	13.490	64	5.284	3.791	4.019	1 0 1	13.094	13
McMillan Jhase	102	26.33	677	298.86	5433.50	60.37	2	11.619	2	2.749	2.640	3.366	1 0 0	8.755	103
Morell Prince	70	18.91	552	257.22	4516.51	47.54	62	13.590	72	3.414	3.185	3.918	0 0 1	10.517	71
Murphy Calvin	35	18.38	542	186.10	3302.58	47.18	69	12.270	13	3.408	2.728	3.005	0 1 0	9.141	23
Nunez Brandon	41	20.00	572	328.26	5680.44	48.55	45	13.106	51	3.019	3.499	3.153	1 1 0	9.671	48
Nunn Trae	97	14.77	468	367.29	6823.27	42.65	105	13.840	83	3.581	3.816	3.053	0 0 1	10.450	67
Onwe Edison	45	19.94	571	308.08	5354.83	48.68	46	12.964	45	3.487	3.078	3.111	0 1 1	9.676	49
Parham Ian	39	20.11	574	225.24	4021.40	50.27	43	12.589	27	4.187	2.635	3.198	0 1 1	10.020	60
Patel Shyam	90	17.00	515	176.83	3090.16	44.15	85	14.367	97	3.586	3.654	3.358	0 0 1	10.598	74
Paymon Eric	83	16.66	508	448.51	8019.86	44.55	91	13.557	69	3.510	3.587	3.347	0 0 0	10.444	66
Perez Jaden	73	16.86	512	308.90	5468.13	44.46	88	13.695	79	3.487	3.078	3.111	0 1 1	9.676	50
Petty Billy III (Trey)	3	25.68	667	392.60	6692.46	55.77	4	11.954	5	2.940	2.666	2.842	0 1 0	8.448	8
Philon III Joe	82	18.96	553	217.00	3845.24	48.07	60	13.591	73	4.124	3.271	3.999	0 1 1	11.394	93
Pinkard William	60	16.95	514	176.48	3082.50	44.04	87	13.303	57	3.285	3.014	2.862	0 0 1	9.161	24
Pipkin Zion	23	21.35	596	409.27	6930.99	49.51	23	13.694	78	3.270	2.528	3.190	0 1 1	8.988	20
Pope Jarvis	11	20.44	580	256.04	4525.94	50.29	37	12.047	8	3.487	2.495	2.708	0 1 0	8.690	12
Powell Aaron	29	19.45	562	278.42	4871.23	48.23	55	11.898	3	3.682	2.899	3.029	0 1 1	9.610	44
Prunty Jaxon	43	18.59	546	262.46	4603.38	46.97	66	13.327	58	2.889	2.983	3.018	0 1 0	8.890	18
Reed Mac	67	16.08	496	218.96	3853.18	42.81	98	13.522	67	2.996	3.124	2.827	1 0 1	8.947	19
Robinson De'zaun	81	18.86	551	264.86	4644.20	47.39	63	14.424	99	3.263	4.311	3.108	1 0 1	10.682	80
Rodriguez Zion	24	21.35	596	277.72	4892.49	51.50	24	12.873	41	3.271	3.445	2.985	1 1 0	9.701	51
Rondeno Koye	19	20.33	578	255.16	4508.70	50.10	38	13.268	56	2.785	2.828	2.804	1 0 0	8.417	7
Russell Robert	2	25.36	662	422.12	7096.00	54.58	6	11.920	4	2.852	2.530	2.897	1 0 0	8.279	2
Sanchez Nason	79	15.98	494	218.08	3838.44	42.65	100	12.780	36	3.642	3.328	3.320	0 1 0	10.290	64
Scarborough Alec	98	17.00	515	462.27	8209.06	44.86	86	15.236	105	3.394	3.870	3.370	1 1 0	10.634	76
Scott De'Shon	58	21.99	607	526.99	8705.59	49.18	18	14.154	93	4.302	3.395	3.326	0 1 1	11.023	88
Simpson Cameron	89	20.61	583	271.66	4778.41	50.30	31	13.880	84	4.720	3.741	4.087	1 0 1	12.548	100
Smtih III Anthony	94	17.46	524	205.62	3612.76	45.16	77	12.530	24	3.781	3.977	4.837	0 0 1	12.595	101
Soukup II Daniel	59	20.11	574	228.05	4066.70	50.21	44	12.149	12	3.137	2.961	5.502	0 1 1	11.600	95
Stone Trace	99	13.17	431	232.55	4310.68	39.19	108	13.806	82	3.160	3.232	3.544	1 0 1	9.936	54
Taiwo Neffi	72	25.87	670	558.68	8987.31	52.87	3	14.153	92	4.784	4.186	4.923	0 0 1	13.893	105
Thompson Breylan	13	22.58	617	332.90	5761.60	52.38	16	13.158	54	3.306	2.794	3.094	0 1 0	9.194	25
Tipton JT	88	16.27	500	176.58	3067.43	42.60	97	13.410	61	3.645	3.533	3.505	1 0 0	10.683	81
Valentine Ja'Mon	7	25.68	667	441.67	7371.96	54.61	5	12.461	19	3.394	2.962	4.385	1 0 0	10.741	82
Villarreal Jazzerous	87	16.41	503	229.45	4041.13	43.45	93	13.668	77	3.656	3.559	3.340	1 0 1	10.555	73
Ward Kolby	78	15.98	494	288.35	5152.14	43.30	101	12.570	26	3.540	3.362	3.439	1 1 0	10.341	65
Warren Bennett	107	16.08	496	462.25	8383.18	44.12	99	15.887	107	3.963	3.532	4.032	0 1 0	11.527	94
Washington Jackson	26	21.46	598	278.65	4910.27	51.69	21	14.210	94	2.837	2.847	3.174	1 1 0	8.858	17
Washington Jayden	47	19.89	570	223.67	3987.34	49.84	47	13.197	55	3.160	3.232	3.544	1 0 1	9.936	55
White Avery	20	21.46	598	261.05	4638.47	52.12	22	12.689	33	3.916	2.630	2.977	0 1 1	9.523	41
Woodson Phoenix	95	17.15	518	254.08	4472.23	44.72	81	14.457	101	3.975	3.920	3.091	0 0 1	10.986	86
Yeager Donny	76	14.28	457	208.47	3712.43	39.92	106	12.676	31	3.059	3.110	3.076	1 0 1	9.245	29

## 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.