

2021 ADCKC Fitness				Verticle Jump		Sled Pull		Flex Arm Hang		5M Plank									
Name	Club	Gender	(in)	%	(sec)	%	(sec)	%	(pass/fail)	%	Push Up	%	Step Test (Score)	Total Shuttle	%			Total	
Woodman, Ava	PI	F	20.8	97.65%	10.35	89.08%	50.2	100.00%	pass	100.00%	50	100.00%	10.8	91	85.05%		95.30%		
Snelgrove, Julia	BA	F	21.3	100.00%	10.37	88.91%	47.7	95.02%	pass	100.00%	42	84.00%	12.1	107	100.00%		94.66%		
Cozens, Ella	CH	F	18.7	87.79%	12.76	72.26%	41.2	82.07%	pass	100.00%	43	86.00%	10.1	84	78.50%		84.44%		
Smith, Amelia	MA	F	17.9	84.04%	9.99	92.29%	27.4	54.58%	pass	100.00%	45	90.00%	9.7	79	73.83%		82.46%		
Frank, Amelia	PI	F	20.4	95.77%	11.19	82.39%	28.8	57.37%	pass	100.00%	43	86.00%	7.6	57	53.27%		79.14%		
Hope, Kyanna	PI	F	20.1	94.37%	10.39	88.74%	25.6	51.00%	pass	100.00%	38	76.00%	8.2	63	58.88%		78.16%		
Macumber, Maura	MA	F	16.7	78.40%	10.91	84.51%	27.9	55.58%	pass	100.00%	36	72.00%	9.2	74	69.16%		76.61%		
Tran, Victoria	MA	F	18.5	86.85%	10.59	87.06%	21.4	42.63%	pass	100.00%	36	72.00%	8.2	63	58.88%		74.57%		
Sanford, Claire	CH	F	20.7	97.18%	11.73	78.60%	20.9	41.63%	pass	100.00%	34	68.00%	8.1	62	57.94%		73.89%		
Taylor, Ella	CH	F	12.8	60.09%	9.22	100.00%	32.5	64.74%	pass	100.00%	32	64.00%	6.2	43	40.19%		71.50%		
Vaters, Emilee	MA	F	15.9	74.65%	9.44	97.67%	21.4	42.63%	pass	100.00%	31	62.00%	7.3	54	50.47%		71.24%		
MacKenzie, Elle	CH	F	14.2	66.67%	11.39	80.95%	31.1	61.95%	pass	100.00%	37	74.00%	6.2	43	40.19%		70.63%		
Chapman, Josephine	PI	F	16.7	78.40%	12.41	74.29%	19.2	38.25%	pass	100.00%	34	68.00%	8.3	64	59.81%		69.79%		
Wile, Jenna	MA	F	15.4	72.30%	10.00	92.20%	13.4	26.69%	fail	0.00%	30	60.00%	0	0	0.00%		41.87%		
Naugler, Claire	PI	F	17.1	80.28%	10.05	91.74%	19.8	39.44%	fail	0.00%	15	30.00%	0	0	0.00%		40.24%		
Mitchell, Leif	BA	M	23.2	89.92%	8.70	100.00%	80.4	100.00%	pass	100.00%	42	56.00%	12.1	107	89.17%		89.18%		
Legge, Eugene	CH	M	21.4	82.95%	12.77	68.13%	73.1	90.92%	pass	100.00%	75	100.00%	12.2	108	90.00%		88.67%		
Storm, Zak	MA	M	25.8	100.00%	11.00	79.09%	59.8	74.38%	pass	100.00%	42	56.00%	13.2	120	100.00%		84.91%		
Tobin, Kai	SE	M	24.2	93.80%	8.90	97.75%	38.8	48.26%	pass	100.00%	43	57.33%	11.5	99	82.50%		79.94%		
Dill, Hayden	PI	M	23.7	91.86%	11.63	74.81%	40.1	49.88%	pass	100.00%	46	61.33%	10.3	86	71.67%		74.92%		
Allison, Sam	CH	M	21.9	84.88%	10.06	86.48%	48.8	60.70%	pass	100.00%	40	53.33%	8.1	62	51.67%		72.84%		
Ackerman, David	MM	M	17.3	67.05%	11.79	73.79%	19.9	24.75%	pass	100.00%	40	53.33%	11.2	96	80.00%		66.49%		
Tobin, Vander	SE	M	18.9	73.26%	13.89	62.63%	31.4	39.05%	pass	100.00%	30	40.00%	10.1	84	70.00%		64.16%		
Chenard, Eteinne	CH	M	20.1	77.91%	9.39	92.65%	41.1	51.12%	pass	100.00%	21	28.00%	0	0	0.00%		58.28%		
Tobin, Madoc	SE	M	15.3	59.30%	13.47	64.59%	22.6	28.11%	pass	100.00%	25	33.33%	7.7	58	48.33%		55.61%		
Kooyman, William	CH	M	21.6	83.72%	8.83	98.53%	26.6	33.08%	fail	0.00%	39	52.00%	8.1	62	51.67%		53.17%		
Naugler, Carter	PI	M	17.7	68.60%	9.71	89.60%	46.2	57.46%	fail	0.00%	31	41.33%	8.1	62	51.67%		51.44%		
Brown, Matthew	MA	M	16.9	65.50%	13.10	66.41%	24.6	30.60%	fail	0.00%	28	37.33%	7.3	54	45.00%		40.81%		
Woodward, Xander	PI	M	18.8	72.87%	15.88	54.79%	7.6	9.45%	fail	0.00%	25	33.33%	6.8	49	40.83%		35.21%		