



WINSPORT 2025 SOCCER TESTING COMBINES

CALGARY RANGERS SOCCER CLUB

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Combine Information

CALGARY RANGERS SOCCER PLAYERS COMPETING AT THE APDL
WILL COMPLETE 2 X SPORTS PERFORMANCE TESTING COMBINES
PER SEASON.

SATURDAY, OCTOBER 18TH 2025: **TIER 1 TEAMS**
SUNDAY, OCTOBER 19TH 2025: **APDL TEAMS**

Saturday, October 18th

Start Time	Sprint Station	T-Test	Jump Station	YO-YO IR1
8:30	FC13 Blue			
9:00	FC 13 Yellow	FC13 Blue		
9:30	FC 12	FC 13 Yellow	FC13 Blue	
10:00	FC 11	FC 12	FC 13 Yellow	FC13 Blue
10:30	FC 09	FC 11	FC 12	FC 13 Yellow
11:00	WFC 13	FC 09	FC 11	FC 12
11:30	WFC 11/12	WFC 13	FC 09	FC 11
12:00		WFC 11/12	WFC 13	FC 09
12:30			WFC 11/12	WFC 13
13:00				WFC 11/12
14:00	Overflow if needed			

Sunday, October 19th

Start Time	Sprint Station	T-Test	Jump Station	YO-YO IR1
8:30	W APDL 09			
9:00	W APDL 10	W APDL 09		
9:30	W APDL 11	W APDL 10	W APDL 09	
10:00	W APDL 12	W APDL 11	W APDL 10	W APDL 09
10:30	APDL 09	W APDL 12	W APDL 11	W APDL 10
11:00	APDL 10	APDL 09	W APDL 12	W APDL 11
11:30	APDL 11	APDL 10	APDL 09	W APDL 12
12:00	APDL 12	APDL 11	APDL 10	APDL 09
12:30		APDL 12	APDL 11	APDL 10
13:00			APDL 12	APDL 11
13:30				APDL 12
14:00	Overflow if needed			



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Athletic Qualities to Be Tested

SPRINTS:
(30M): 0 - 10M
AND 0-30M + TOP SPEED

2

Athletic Qualities to Be Tested

SAQ (SPEED, AGILITY, QUICKNESS):
T-TEST

2

Athletic Qualities to Be Tested

JUMPS:
SINGLE-LEG VERTICAL JUMP
& BI-LATERAL BROAD JUMP

2

Athletic Qualities to Be Tested

AEROBIC:
YOYO IR1 TEST
(MAXIMAL AEROBIC SPEED)



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Checklist

WINSPORT TRAINING WAIVER:



CLICK HERE

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WinSport's Markin MacPhail Centre

ARRIVE AT THE GUEST SERVICES DESK IN WINSPORT'S MARKIN MACPHAIL CENTRE PRIOR TO YOUR SPECIFIC START TIME FOR INTAKE AND CHECK-IN.

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Please Wear Athletic Attire

1. SHORTS, SHORT SLEEVE SHIRT, WELL-FITTED ATHLETIC SHOES & YOUR OWN WATER BOTTLE.
2. LOCKER ROOM ACCESS AVAILABLE - PLEASE BRING A LOCK IF YOU WILL BE STORING YOUR BELONGINGS DURING TESTING.

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Each Testing Flight will last Approximately Two Hours from Drop-Off to Pick Up.

PLEASE BRING A SMALL SNACK TO CONSUME HALFWAY THROUGH THE TESTING BATTERY.



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Pre-Testing Instructions

EXERCISE:

DO NOT EXERCISE ON TEST DAY.

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Food is Fuel - Bring a NUTRIENT-DENSE Snack

BE SURE TO CONSUME AN ADEQUATE BREAKFAST ON THE DAY OF TESTING. IT IS RECOMMENDED THAT ONLY MINIMAL QUANTITIES OF FOOD ARE CONSUMED WITHIN 1 HOUR PRIOR TO TESTING.

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Pre-Testing Instructions

FLUIDS:

YOU SHOULD BE PROPERLY HYDRATED ON THE DAY OF TESTING AND MAINTAIN FLUID INTAKE DURING.

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Pre-Testing Instructions

ASTHMA MEDICATION:

ASTHMA MEDICATION SHOULD BE TAKEN AS DIRECTED BY YOUR PHYSICIAN.



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Location

SEE YOU OUT THERE RANGERS!

