Calgary Rangers Soccer Club

WINSPORT 2026

SOCCER TESTING COMBINES

Combine Information

Calgary Rangers Soccer Players competing at the APDL will complete two Sports Performance Testing Combines per season beginning in October:

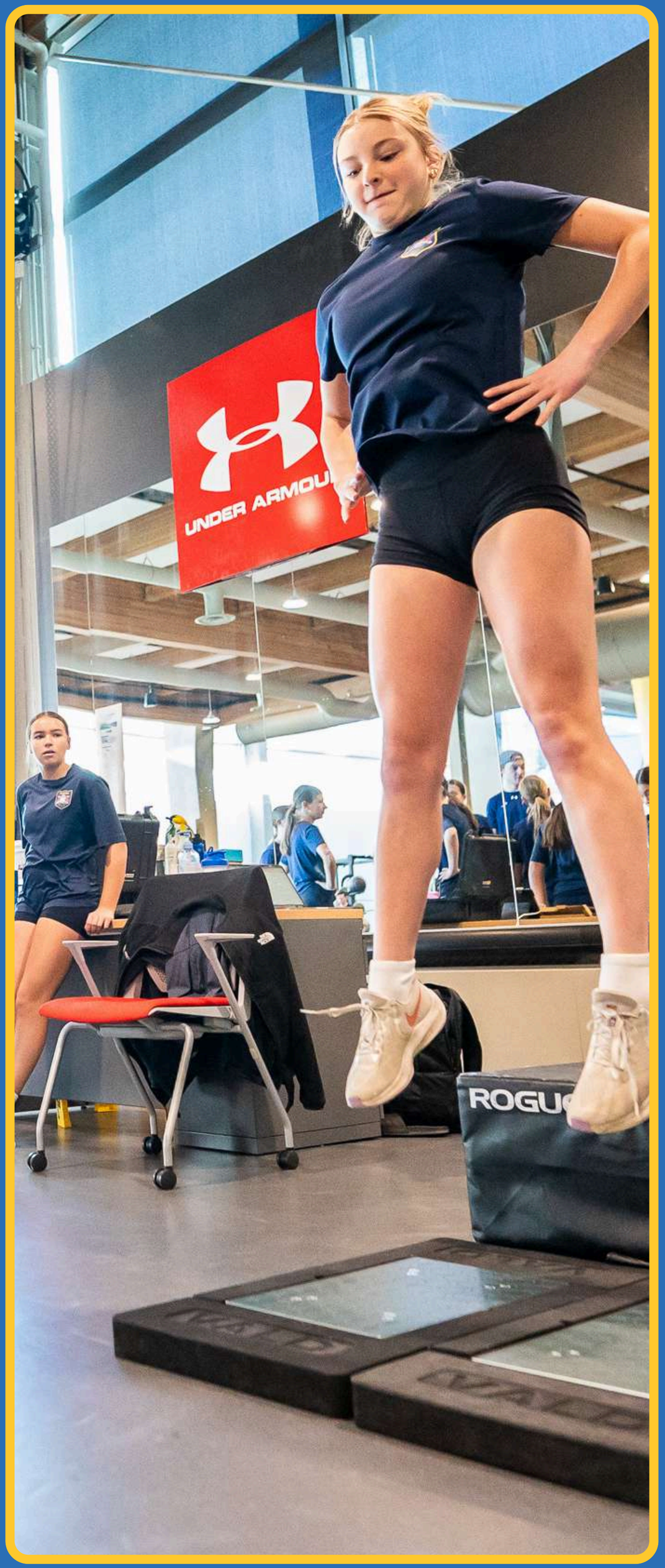
Saturday, October 17th 2026
Sunday, October 18th 2026

Saturday, October 17th

9:00 AM – 11:00 AM: APDL 13
9:30 AM – 11:30 AM: APDL 11
10:00 AM – 12:00 PM: W APDL 13
10:30 AM – 12:30 PM: W APDL 11
11:00 AM – 1:00 PM: FC 12 BLUE
11:30 AM – 1:30 PM: FC 12 YELLOW
12:00 PM – 2:00 PM: WFC 14
12:30 PM – 2:30 PM: FC 13

Sunday, October 18th

12:00 PM – 2:00 PM: WAPDL 10
12:30 PM – 2:30 PM: WAPDL 12
1:00 PM – 3:00 PM: APDL 10
1:30 PM – 3:30 PM: APDL 12
2:00 PM – 4:00 PM: FC 14
2:30 PM – 4:30 PM: FC 11
3:00 PM – 5:00 PM: WFC 12/13



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Athletic Qualites to be Tested

Sprints:
(30m): 0 - 10m
0-30m + top speed

SAQ
(Speed, Agility, Quickness)
T-Test

Jumps:
Single-leg vertical jump
& Bi-lateral broad jump

Aerobic:
YOYO IR1 test
(Maximal Aerobic Speed)

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Checklist

WinSport Training Waiver:
CLICK HERE

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.

Please Wear Athletic Attire

1. Shorts, short sleeve shirt, well-fitted athletic shoes & your own water bottle.
2. Locker room access is available: please bring a lock if you will be storing your belongings during testing.

Fuel For Testing

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

Do not exercise on test day.

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 one hour prior to testing.

Fluids

You should be properly hydrated on the day of testing and maintain fluid intake during.

Asthma Medication

Asthma medication should be taken as directed by your physician.

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Location

See you there!