



WINSPORT SOCCER TESTING COMBINES 2024

CALGARY RANGERS SOCCER CLUB

1

Combine Information

CALGARY RANGERS SOCCER PLAYERS COMPETING AT THE AYSL AND TIER 1 LEVEL WILL COMPLETE 2 X SPORTS PERFORMANCE TESTING COMBINES PER SEASON.

NOVEMBER 19TH AYSL COMBINE SCHEDULE

Rangers X Winsport AYSL Combine Proposed Timeline

Start Time	30m Sprint	T-Test - with gates	Jumps	Aerobic Power
08:00	AYSL 10			
08:30	WAYSLS 10	AYSL 10		
09:00	AYSL 09	WAYSLS 10	AYSL 10	
09:30	WAYSLS 09	AYSL 09	WAYSLS 10	AYSL 10
10:00	AYSL 08	WAYSLS 09	AYSL 09	WAYSLS 10
10:30	WAYSLS 08	AYSL 08	WAYSLS 09	AYSL 09
11:00	AYSL 07	WAYSLS 08	AYSL 08	WAYSLS 09
11:30	WAYSLS 07	AYSL 07	WAYSLS 08	AYSL 08
12:00		WAYSLS 07	AYSL 07	WAYSLS 08
12:30			WAYSLS 07	AYSL 07
13:00				WAYSLS 07
13:30	Overflow if needed			
14:00				



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2

Athletic Qualities to Be Tested

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

2

Athletic Qualities to Be Tested

SAQ:
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 IRI TEST
(MAXIMAL AEROBIC SPEED)



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3

Checklist

WINSPORT TRAINING WAIVER:



[CLICK HERE](#)

3

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.

3

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.

2

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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4

Pre-Testing Instructions

EXERCISE:
DO NOT EXERCISE ON TEST DAY.

4

Food: 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.

4

Pre-Testing Instructions

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

4

Pre-Testing Instructions

ASTHMA MEDICATION:
ASTHMA MEDICATION SHOULD BE TAKEN AS DIRECTED BY YOUR PHYSICIAN.



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5

Location

SEE YOU OUT THERE RANGERS!

