



WINSPORT 2024/25

SOCCKER 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 NOVEMBER 16TH 2024: [APDL COMBINE SCHEDULE](#)

Start Time	Warmup / Sprints	T-Test / height / Weight	Force Plates / Broad Jump	Aerobic
8:30	APDL W09			
9:00	APDL W11	APDL W09		
9:30	APDL W10	APDL W11	APDL W09	
10:00	APDL W08	APDL W10	APDL W11	APDL W09
10:30	APDL 11	APDL W08	APDL W10	APDL W11
11:00	APDL 10	APDL 11	APDL W08	APDL W10
11:30	APDL 09	APDL 10	APDL 11	APDL W08
12:00	APDL 08	APDL 09	APDL 10	APDL 11
12:30	Break	APDL 08	APDL 09	APDL 10
13:00	FC 12	Break	APDL 08	APDL 09
13:30	FC 11	FC 12	Break	APDL 08
14:00	FC 10	FC 11	FC 12	Break
14:30	FC 09	FC 10	FC 11	FC 12
15:00	FC 08	FC 09	FC 10	FC 11
15:30	WFC12	FC 08	FC 09	FC 10
16:00	WFC 08/09	WFC12	FC 08	FC 09
16:30		WFC 08/09	WFC12	FC 08
17:00			WFC 08/09	WFC12
17:30				WFC 08/09
18:00	Over flow 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.

4

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!

