



# 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.

SUNDAY APRIL 13TH 2025: [APDL COMBINE SCHEDULE](#)

Start Time	Warmup / Sprints	T-Test / height / Weight	Force Plates / Broad Jump	Aerobic
8:00	APDL W09			
8:30	APDL W11	APDL W09		
9:00	APDL W10	APDL W11	APDL W09	
9:30	APDL W08	APDL W10	APDL W11	APDL W09
10:00	APDL 11	APDL W08	APDL W10	APDL W11
10:30	APDL 10	APDL 11	APDL W08	APDL W10
11:00	APDL 09	APDL 10	APDL 11	APDL W08
11:30	APDL 08	APDL 09	APDL 10	APDL 11
12:00	M Pro Am	APDL 08	APDL 09	APDL 10
12:30	W Pro Am	M Pro Am	APDL 08	APDL 09
13:00	Break	W Pro Am	M Pro Am	APDL 08
13:30	FC 12 Blue	Break	W Pro Am	M Pro Am
14:00	FC 12 Yellow	FC 12 Blue	Break	W Pro Am
14:30	FC 11	FC 12 Yellow	FC 12 Blue	Break
15:00	FC 10	FC 11	FC 12 Yellow	FC 12 Blue
15:30	FC 09	FC 10	FC 11	FC 12 Yellow
16:00	FC 08	FC 09	FC 10	FC 11
16:30	WFC12	FC 08	FC 09	FC 10
17:00	WFC 10	WFC12	FC 08	FC 09
17:30		WFC 10	WFC12	FC 08
18:00		Over flow if needed	WFC 10	WFC12
18:30			Over flow if needed	WFC 10
19:00				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)





# **WINSPORT 2025** **SOCCER TESTING COMBINES**

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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.

4

## **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!

