



# RCTC Football Evaluation



Name:

Ht-

Wt-

BF %-

<b>ROM</b>	<b>Neck</b>		
	<b>Shoulders</b>		
	<b>Ankles</b>		
	<b>Trunk</b>		
	<b>Hips</b>		
	<b>Knees</b>		
	<b>Total</b>		

Rate 1-5 (1Poor, 5 Great)

<b>Technique</b>	<b>Squat</b>		
	<b>Hang Clean</b>		
	<b>BP</b>		
	<b>Deadlift</b>		
	<b>Total</b>		

Rate 1-5 (1Poor, 5 Great)(hips, back, feet, knees, shoulders, timing)

<b>SAQ TESTING</b>		<b>Summer</b>	<b>Fall</b>
	<b>300 Shuttle</b>		
	<b>40X</b>		
	<b>Pro Agility</b>		
	<b>Vertical</b>		
	<b>10M</b>		
	<b>3LCD</b>		

<b>3 Rep Max</b>		<b>SUMMER 2010</b>	
	<b>BackSquat</b>		
	<b>Hang/Power Clean</b>		
	<b>Deadlift</b>		
	<b>Bench Press</b>		

<b>Needs Analysis</b>	<b>Weakness, Limitation or /inflexibility of Joints</b>