



RCTC Football Evaluation



Name:

Ht-

Wt-

BMI-

ROM	Neck	
	Shoulders	
	Elbows	
	Trunk	
	Hips	
	Knees	
	Ankles	
	Total	

Rate 1-5

Score of 35 perfect

Technique	Squat	
	Clean	
	Bench	
	RDL	
	Total	

Rate 1-5

Score of 20 perfect

SAQ		#1	#2
	300 Shuttle		
	40X		
	Pro Agility		
	Vertical		
	Broad jump		
	3LCD		

5 Rep Max		#1	#2
	Squat		
	Clean		
	RDL		
	Bench		

Needs Analysis