Abingdon School Athletic Development

Sport Scholars Report

The data used here is for example purposes only and does not represent real information.

Wellness Survey Dashboard: To assess the weekly self reported, perceived training readiness out of 25 (considering sleep, stress, soreness, mood, and energy), this allows the department to create interventions when a pupil is fatigued.

S&C Completion
92%

Submission Rate
100%

S&C Attendance (%)
100%

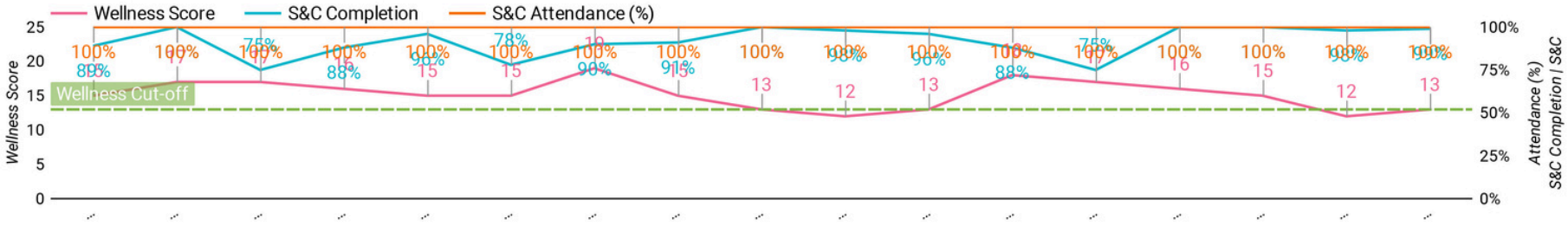
Abingdon School Sports Scholars Report
Monitoring Wellness Survey Dashboard

Average Wellness Score
15

Date

Name: Alex

Name	Date	Energy	Mood	Sleep	Soreness	Stress	Total	Result	Comment	S&C Attendance (%)	S&C Completion
Alex	12 May 2025	2	4	2	3	2	13	Reduce RPE by 1 or sets by 1	null	100%	99%
Alex	5 May 2025	2	2	3	3	2	12	Reduce RPE by 1 or sets by 1	null	100%	98%
Alex	28 Apr 2025	4	3	3	3	2	15	Keep it up!	null	100%	100%
Alex	17 Mar 2025	4	1	3	3	5	16	Keep it up!	null	100%	100%
Alex	10 Mar 2025	2	4	4	4	3	17	Keep it up!	null	100%	75%
Alex	3 Mar 2025	3	5	3	3	4	18	Keep it up!	null	100%	88%
Alex	24 Feb 2025	3	2	3	3	2	13	Reduce RPE by 1 or sets by 1	null	100%	96%
Alex	10 Feb 2025	2	2	2	2	4	12	Reduce RPE by 1 or sets by 1	null	100%	98%
Alex	3 Feb 2025	2	4	2	2	3	13	Reduce RPE by 1 or sets by 1	null	100%	100%
Alex	27 Jan 2025	2	3	4	3	3	15	Keep it up!	null	100%	91%
Alex	20 Jan 2025	5	3	4	2	5	19	Keep it up!	null	100%	90%
Alex	13 Jan 2025	1	4	3	2	5	15	Keep it up!	null	100%	78%
Alex	9 Dec 2024	3	3	3	3	3	15	Keep it up!	null	100%	96%
Alex	2 Dec 2024	3	4	4	2	3	16	Keep it up!	null	100%	88%
Alex	25 Nov 2024	2	3	3	5	4	17	Keep it up!	null	100%	75%
Alex	18 Nov 2024	2	4	2	5	4	17	Keep it up!	null	100%	100%
Alex	11 Nov 2024	3	3	3	3	3	15	Keep it up!	null	100%	89%



Weekly Schedule Summary: To flag when a pupil's week has too many intense sessions within a day and too many intense days within a week, or an absence of rest days within a week.

Practices	S&C
3	3
Games	
1	

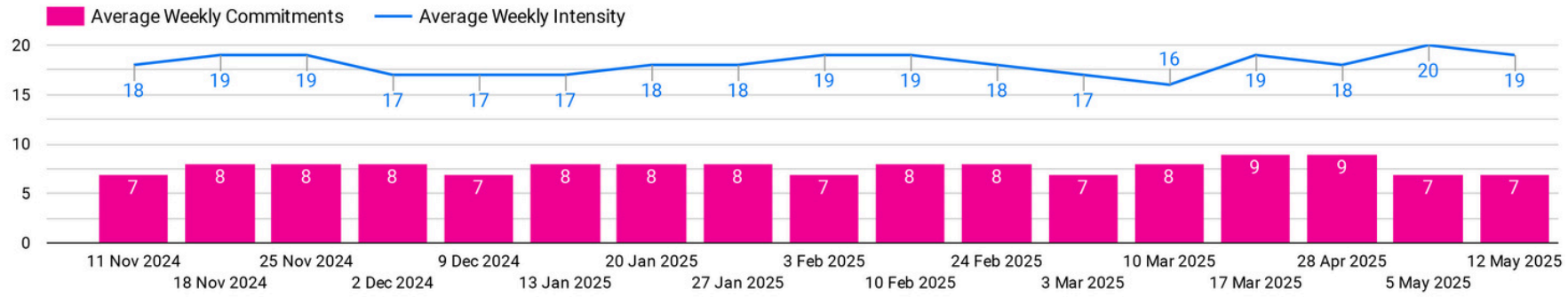
Abingdon School Sports Scholars Report
Weekly Schedule Summary

Total Number of Commitments: 8

Name: Alex

Date

Name	Date	Rest Day	Mon Int.	Tues Int	Wed Int.	Thurs Int.	Fri Int.	Sat Int.	Sun Int.	Prac.Wk	Game.Wk	S&C.Wk	Total Ses.	Tot Int.
Alex	12 May 2025	Yes	4	3	6	2	1	3	null	3	1	3	7	19
Alex	5 May 2025	Yes	5	3	5	3	1	3	null	3	1	3	7	20
Alex	28 Apr 2025	Yes	4	3	6	2	1	2	null	3	2	4	9	18
Alex	17 Mar 2025	Yes	3	3	5	3	2	3	null	3	2	4	9	19
Alex	10 Mar 2025	Yes	3	1	5	3	1	3	null	3	1	4	8	16
Alex	3 Mar 2025	Yes	4	1	5	3	2	2	null	3	1	3	7	17
Alex	24 Feb 2025	Yes	4	3	5	3	1	2	null	3	2	3	8	18
Alex	10 Feb 2025	Yes	4	2	6	3	1	3	null	3	1	4	8	19
Alex	3 Feb 2025	Yes	4	3	5	2	2	3	null	3	1	3	7	19
Alex	27 Jan 2025	Yes	5	3	5	1	2	2	null	3	1	4	8	18
Alex	20 Jan 2025	Yes	4	3	5	1	2	3	null	3	2	3	8	18
Alex	13 Jan 2025	Yes	4	2	5	1	2	3	null	3	1	4	8	17
Alex	9 Dec 2024	Yes	4	3	4	2	1	3	null	3	1	3	7	17



Questionnaire Report: Each sport scholar completes a self report on the 4 quadrants of performance (Physical - 2 questions, Tactical - 2 questions, Technical - 2 questions, Psychological - 2 questions) each out of 10. The scholar and their mentor then meet to discuss these findings and how to address weaknesses and keep/improve strengths.

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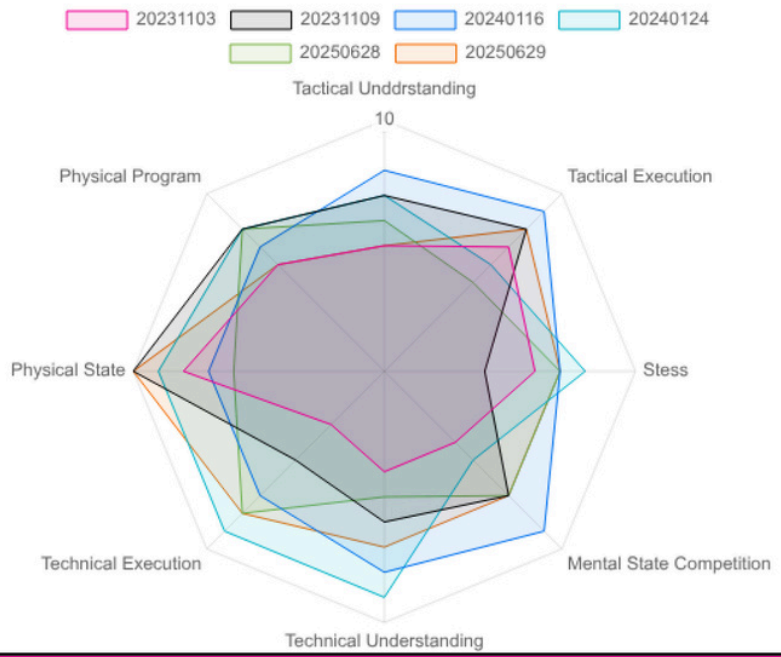
Abingdon School Sport Scholars Questionnaire Report (p.6)

Name: Alex (1) | Date



Scholar	Mentor
Alex	Mr Mickleburgh

Name of Scholar: ... (1) | Date

Date of Meeting	Name and Surname	Scholar Feedback	Mentor Feedback	Actions before the next meeting?	Date of next meeting?
24 Jan 2024	Alex	He feels he is making progress on his stress levels	It went well Magic feels he is progressing and acheiving his sports goals	Magic is to undergo physical testing this week we will liase with Mr Mick to see how he performed.	11 Feb 2024
24 Nov 2023	Alex	Magic is doing well and seems very positive about where is game is.	GOOD	NOTHING	8 Dec 2023
5 Oct 2023	Alex	Magic was very positive about his recent performances. He needs to work on his mental state when playing as he says he is often overcome by the match pressure and losses focus.	Magic presented very happy and seemed in good spirits. He is satisfied with his physical state and the program he is on. He is aware that he needs to keep focus when playing and will look to see a sport	Magic to see sport Psych. Mentor to contact Sport Psych to arrange meeting.	28 Oct 2023

Abingdon School Athletic Development

Sport Scholars Physical Report

Part 1 - Mobility

The data used here is for example purposes only and does not represent real information.

Ankle Mobility: Assesses the ability of the knee to bend forward over the middle of foot (in cm), which is important to maintain an upright/neutral torso in the bottom of a squat or quadruped position. The measure of asymmetry between left and right side should be less than 10%. Norms are in red, amber, green, and gold.

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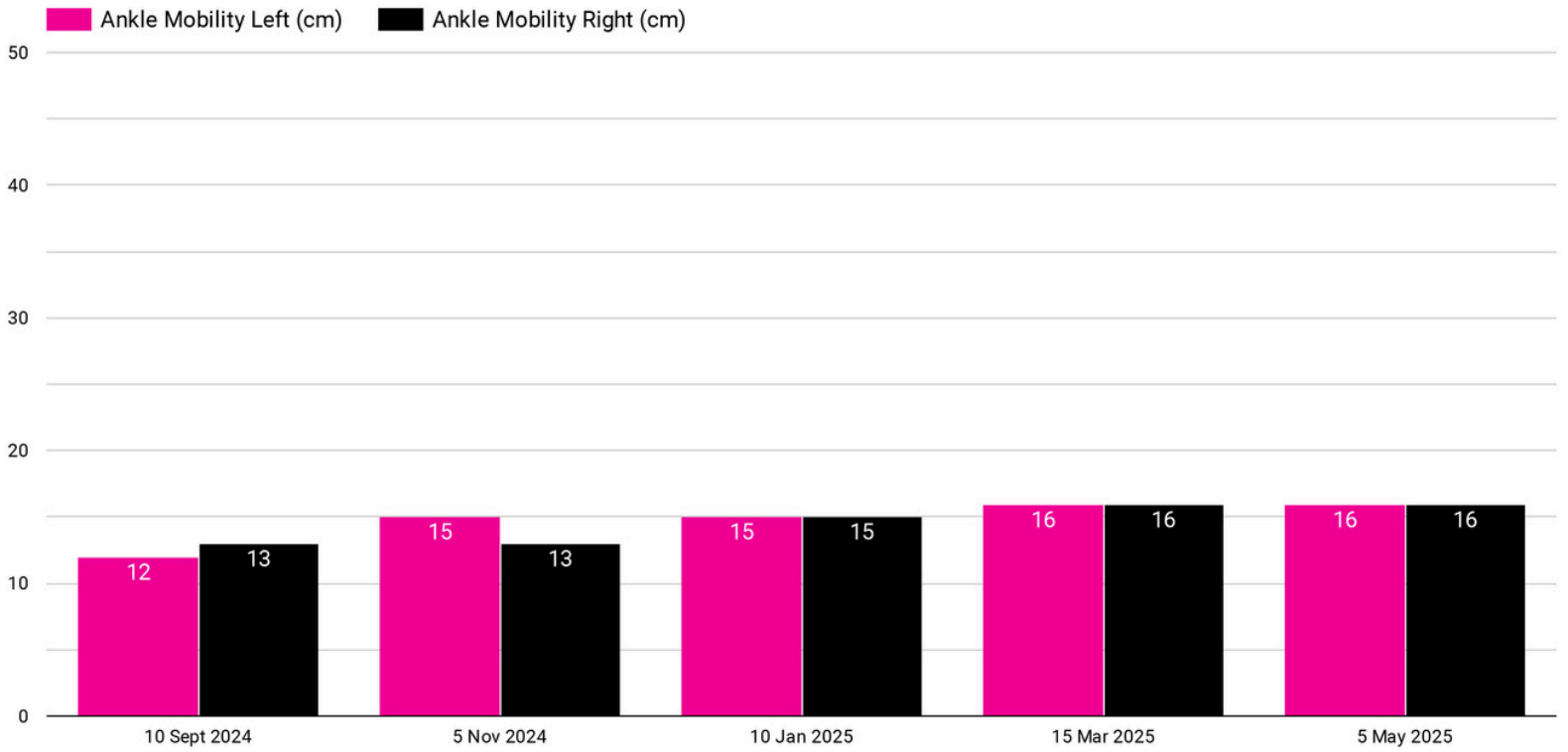
Abingdon School Sport Scholars
Ankle Mobility

Ankle Mobility Asymmetry (%)
0.0%

Name: Alex (1) | Date

>15
>12
>10
<10



Date	Ankle Mobility Left (cm)	Ankle Mobility Right (cm)
5 May 2025	16	16
15 Mar 2025	16	16
10 Jan 2025	15	15

Hamstring Flexibility: Using the Active Knee Extension (AKE) test to assess the hamstring flexibility measured in (°), which is important for pelvic function which will influence the ability to maintain a neutral spine under load. The measure of asymmetry between left and right side should be less than 10%. Norms are in red, amber, green, and gold.

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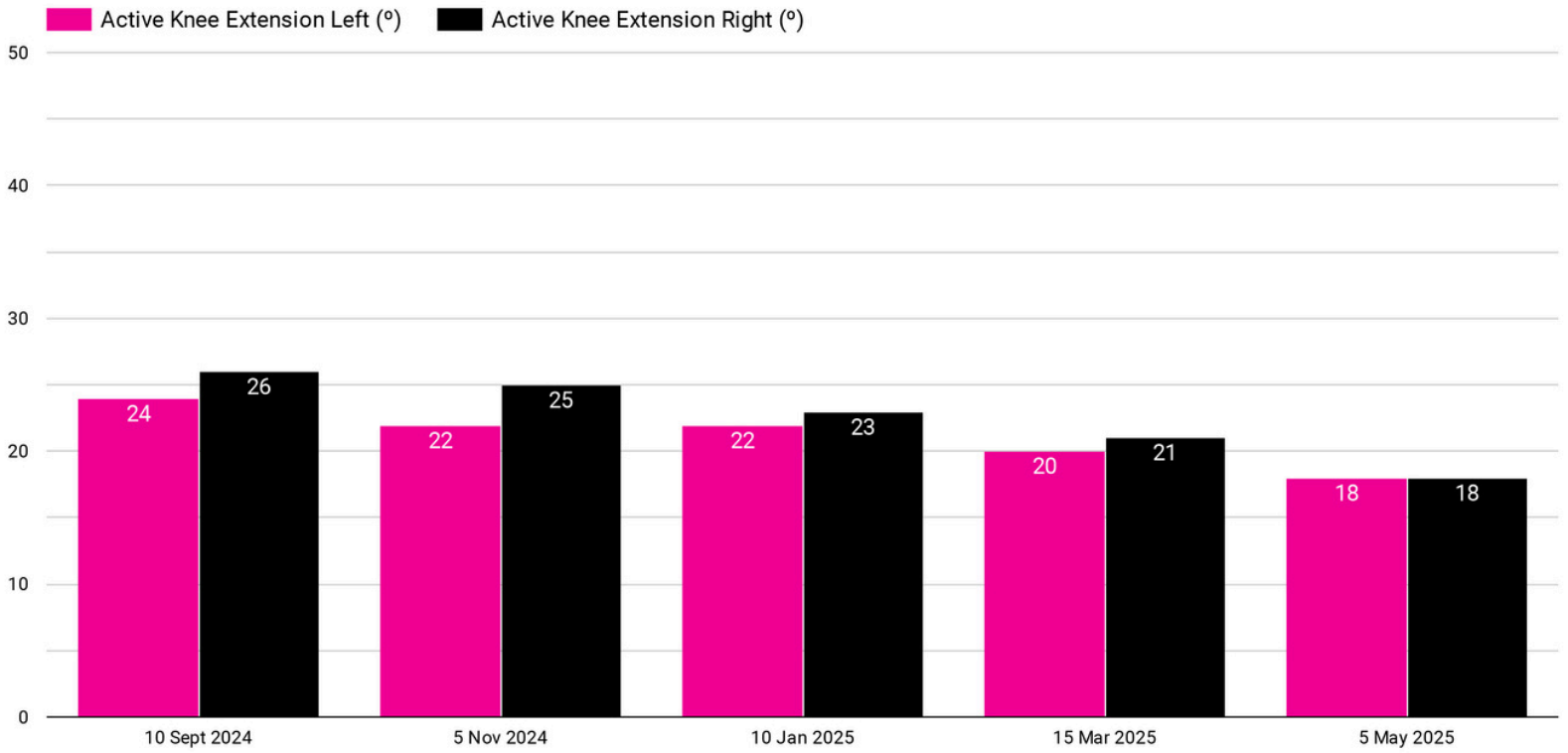
Abingdon School Sport Scholars
Hamstring Flexibility

Name: Alex (1) | Date

Active Knee Extension Asymmetry (%)
0%

<17
<18
<25
>25



Date	Active Knee Extension Left (°)	Active Knee Extension Right (°)
5 May 2025	18	18
15 Mar 2025	20	21
10 Jan 2025	22	23

Modified Thomas Test: To assess the flexibility muscles of the hip and knee, particularly hip flexors, knee extensors, and hip add/abductors. Tightness in these muscles may cause the pelvis to be out of position and hinder neutral spine under load. Norms are in red, amber, green, and gold.

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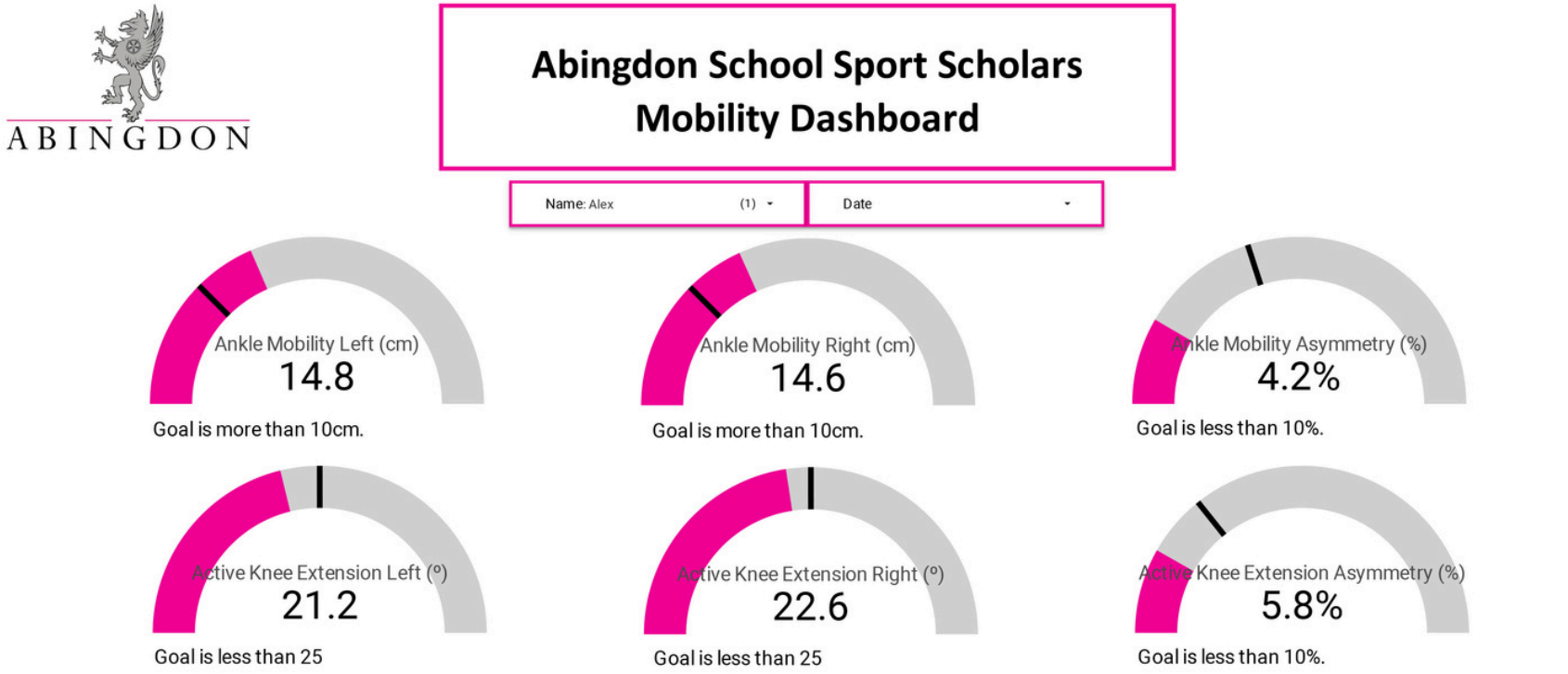
Abingdon School Sport Scholars
Modified Thomas Test

Name: Alex (1) | Date

Name	Date	Modified Thomas Test Left (n)	Modified Thomas Test Right (n)
Alex	10 Sept 2024	3. Hip Flexion & Knee Extension & Hip Abduction	3. Hip Flexion & Knee Extension & Hip Abduction
Alex	5 Nov 2024	2. Hip Flexion & Hip Abduction	2. Hip Flexion & Hip Abduction
Alex	10 Jan 2025	3. Hip Flexion & Knee Extension & Hip Abduction	2. Hip Flexion & Knee Extension
Alex	15 Mar 2025	1. Hip Abduction	1. Knee Extension
Alex	5 May 2025	Gold	Gold

Mobility Dashboard: Summary page of the pupil's mobility across all tests with reference to normative data (black line).



Name	Date	Modified Thomas Test Left (n)	Modified Thomas Test Right (n)
Alex	10 Sept 2024	3. Hip Flexion & Knee Extension & Hip Abduction	3. Hip Flexion & Knee Extension & Hip Abduction
Alex	5 Nov 2024	2. Hip Flexion & Hip Abduction	2. Hip Flexion & Hip Abduction
Alex	10 Jan 2025	3. Hip Flexion & Knee Extension & Hip Abduction	2. Hip Flexion & Knee Extension
Alex	15 Mar 2025	1. Hip Abduction	1. Knee Extension

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Abingdon School Athletic Development

Sport Scholars Physical Report

Part 2 - Tissue Capacity

The data used here is for example purposes only and does not represent real information.

Calf Capacity: This test assesses the muscular endurance of the calf muscle measured in repetitions. Important for developing robustness/resilience to injury of the lower leg when executing jumps and sprinting. The measure of asymmetry between left and right side should be less than 10%. Norms are in red, amber, green, and gold.

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Abingdon School Sport Scholars
Calf Capacity

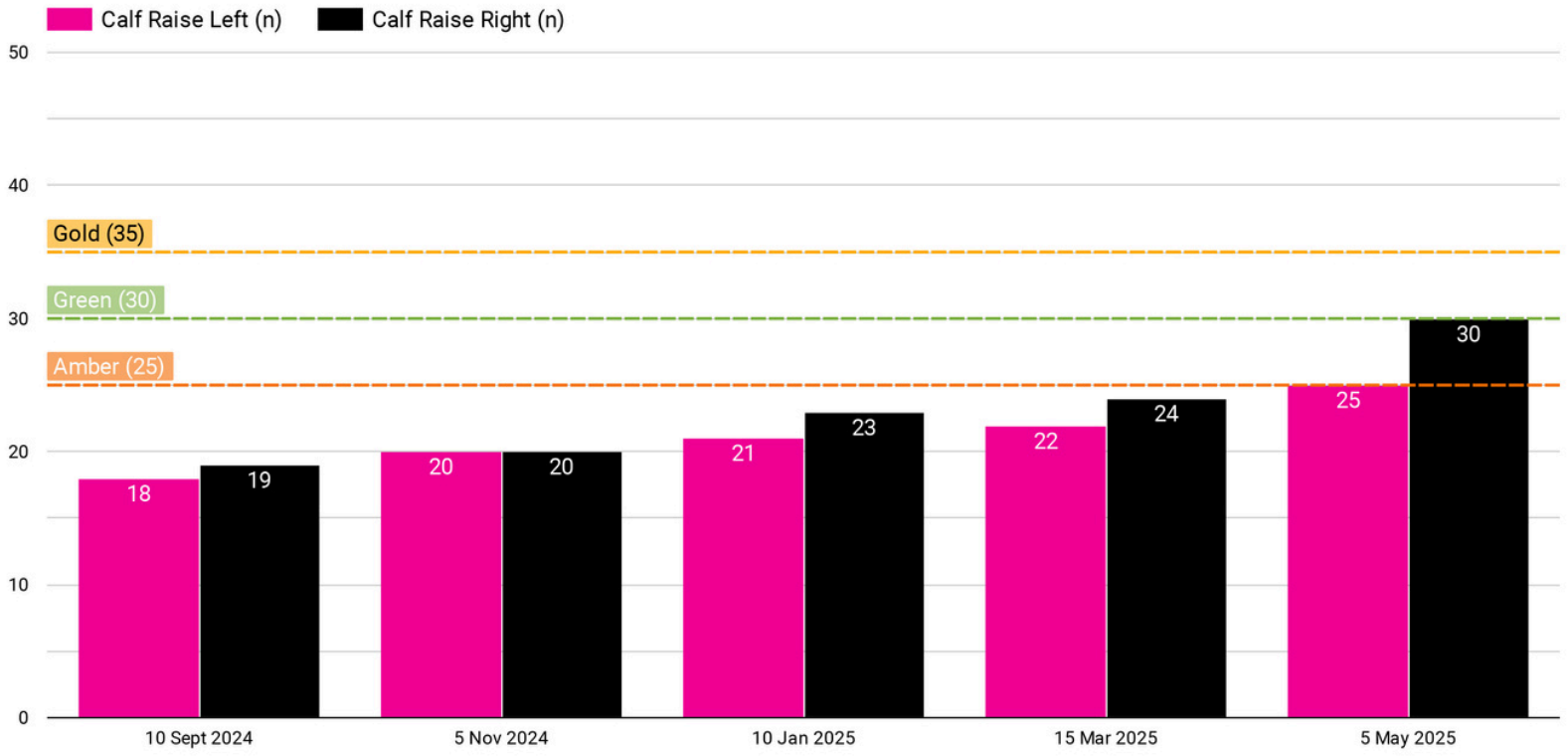
>35
>30
>25
<25

Name: Alex 1)

Date

Calf Raise Asymmetry (%)

17%



Name	Date	Calf Raise Left (n)	Calf Raise Right (n)
Alex	5 May 2025	25	30
Alex	15 Mar 2025	22	24
Alex	10 Jan 2025	21	23

Hamstring Capacity: This test assesses the muscular endurance of the hamstring muscle group muscle measured in repetitions. Important for developing robustness/resilience to injury of the posterior upper leg when sprinting such as accelerations, decelerations and changes in direction. The measure of asymmetry between left and right side should be less than 10%. Norms are in red, amber, green, and gold.

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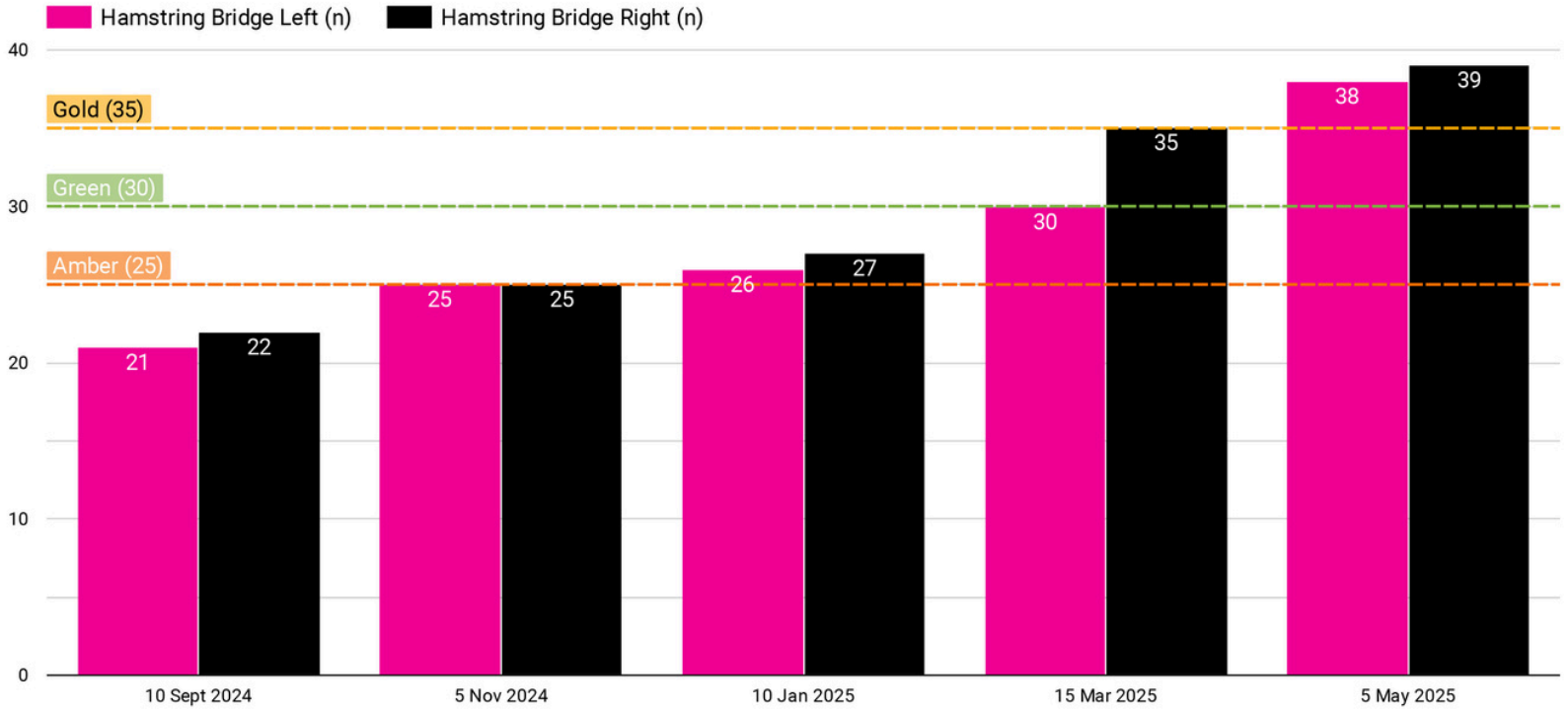
Abingdon School Sport Scholars
Hamstring Capacity

Hamstring Bridge Asymmetry (%)
2.56%

Name: Alex 1) | Date

>35
>30
>25
<25



Name	Date	Hamstring Bridge Left (n)	Hamstring Bridge Right (n)
Alex	5 May 2025	38	39
Alex	15 Mar 2025	30	35
Alex	10 Jan 2025	26	27

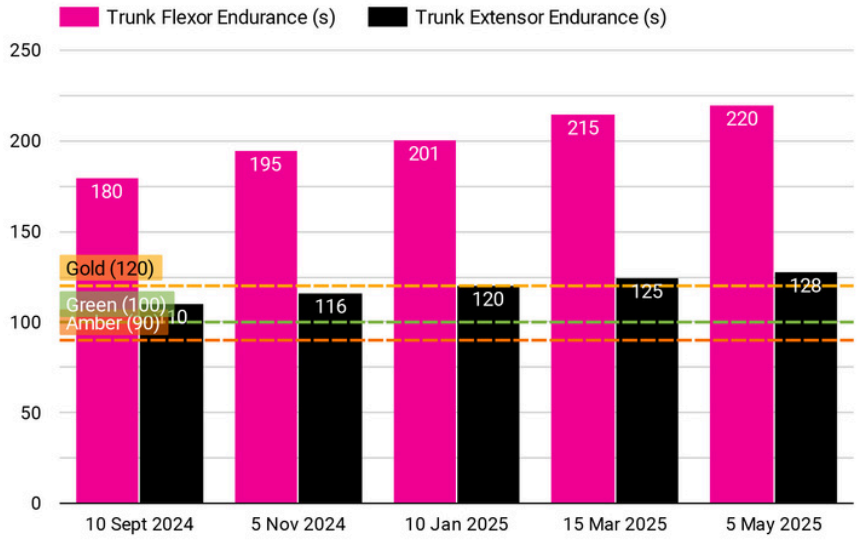
Trunk Capacity: Assess the muscular endurance of the various core muscles recorded in seconds. The core muscles play a foundational role in all movements providing a stable environment (neutral spine) for the limbs to produce force. Important for this muscle group is the relative strength between trunk flexors (eg. rectus abdominis) and extensors (eg. longissimus thoracis), and between extensors and the lateral musculature (eg. quadratus lumborum), see goal ratios. Norms are in red, amber, green, and gold.

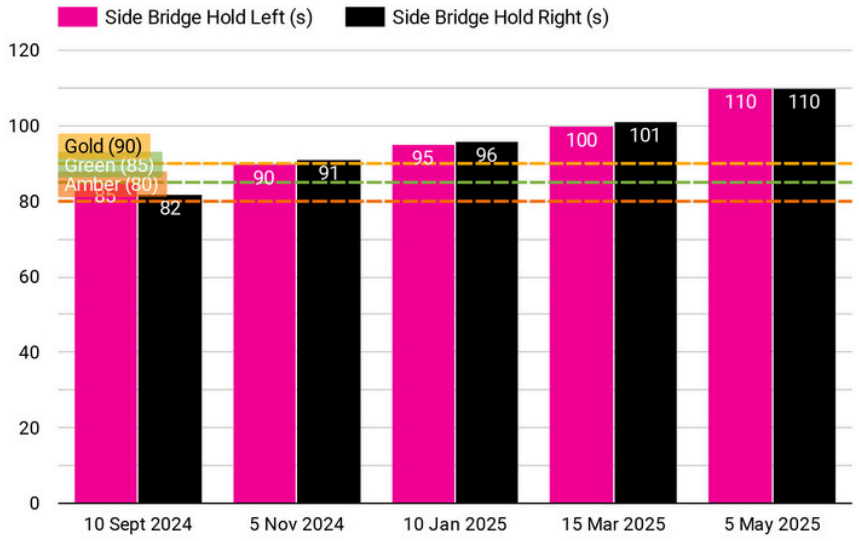
>120
>100
>90
<90

Abingdon School Sport Scholars
Trunk Capacity

Name: Alex 1) | Date

>90
>85
>80
<80





Name | Date

Flex:Ext Ratio	Right side : Ext Ratio	Left side : Ext Ratio	Right:Left Trunk Ratio
1.69	0.8	0.8	1.00
Goal < 1.0	Goal < 0.75	Goal < 0.75	Goal between 0.95 - 1.05

Name	Date	Trunk Extensor Endur...	Trunk Flexor Enduranc...	Side Bridge Hold Left ...	Side Bridge Hold Righ...
Alex	5 May 2025	128	220	110	110
Alex	15 Mar 2025	125	215	100	101
Alex	10 Jan 2025	120	201	95	96

Single Leg Countermovement Jump: Assess the strength of each leg in isolation, the assessment here is in the asymmetry between legs, ideally less than 10%.

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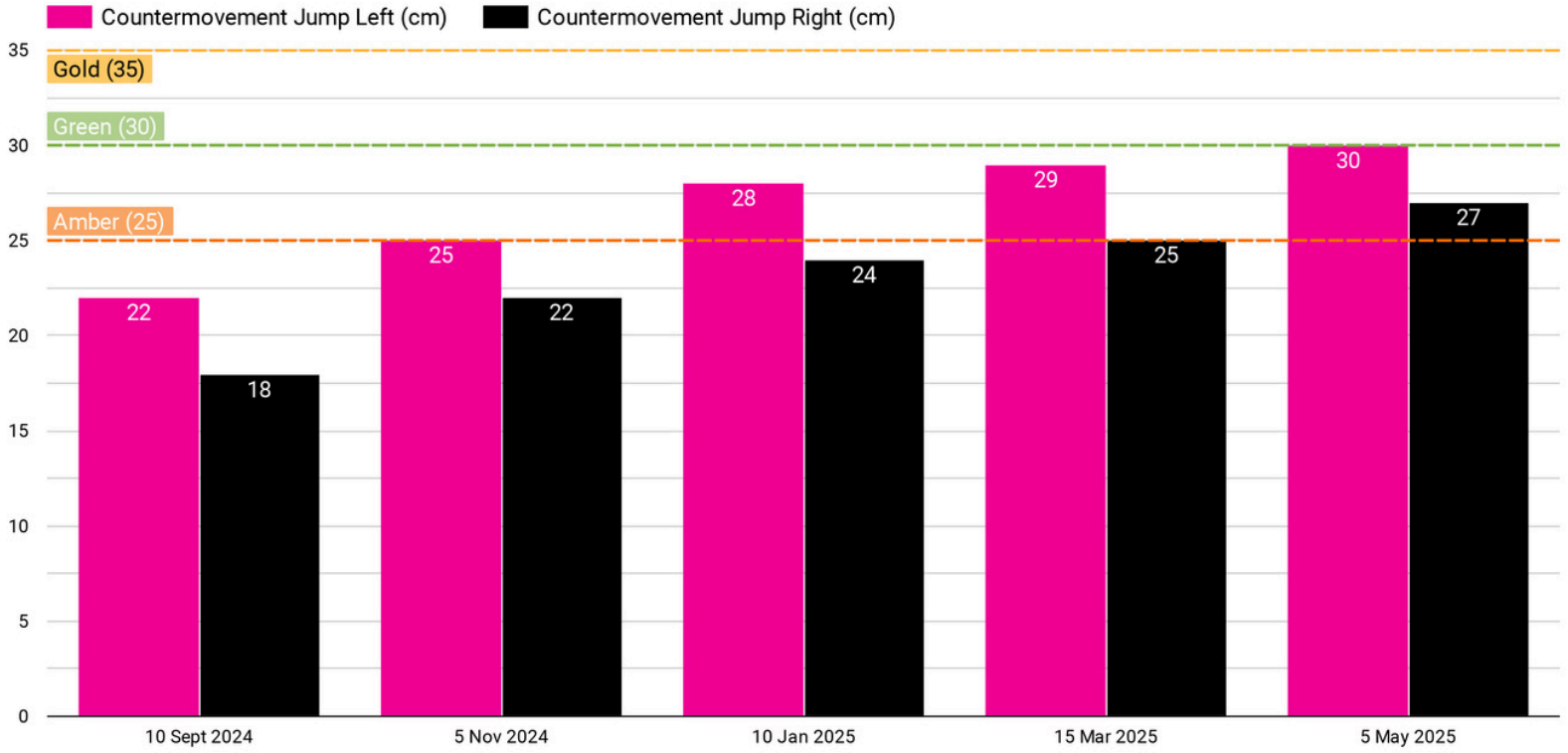
Abingdon School Sport Scholars
Single Leg CMJ

Name: Alex 1) | Date

>35cm
>30cm
>25cm
<25cm

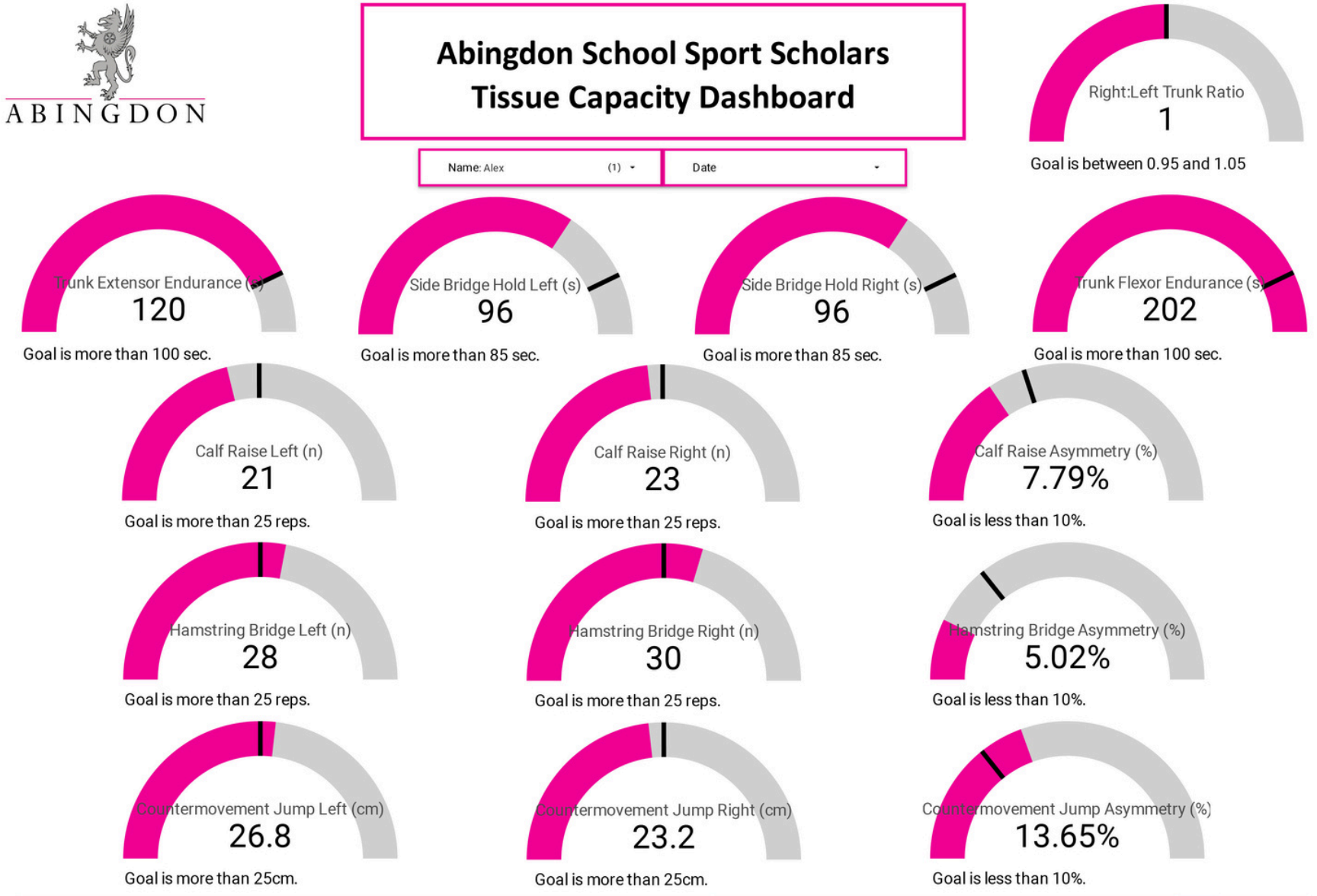
Countermovement Jump Asymmetry (%)

10%



Name	Date	Countermovement Jump Left (cm)	Countermovement Jump Right (cm)
Alex	5 May 2025	30	27
Alex	15 Mar 2025	29	25
Alex	10 Jan 2025	28	24

Tissue Capacity Strength Dashboard: Summary page of the pupil's tissue capacity scores.



Name	Date	Trunk Ext	Left Trunk	Right Tr...	L:R Ratio	Calf L	Calf R	Calf Asym (%)	Ham L	Ham R	Ham Asy...	CMJ Asym
Alex	5 May 2025	128	110	110	1	25	30	0.17	38	39	0.03	0.1
Alex	15 Mar 2025	125	100	101	1.01	22	24	0.08	30	35	0.14	0.14

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Abingdon School Athletic Development

Sport Scholars Physical Report

Part 3 - Strength and Power

The data used here is for example purposes only and does not represent real information.

Max Back Squat: Assessment of the maximal strength of the lower body. This data is pulled off the Teambuildr app which uses the Bryzcki formula to estimate this max from training sessions. The red, amber, green, and gold norms are based on relative strength to body mass.

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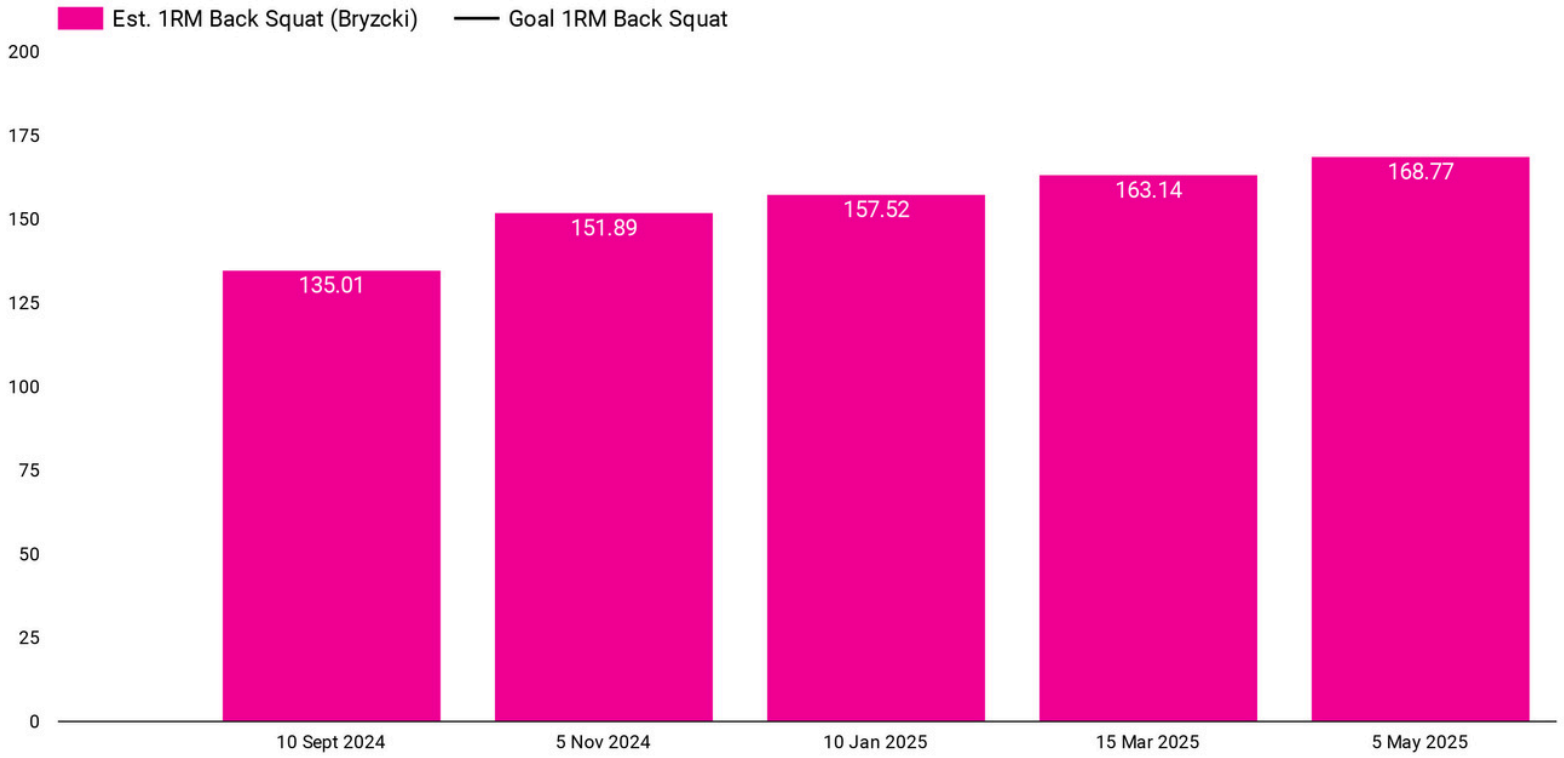
Abingdon School Sport Scholars
Max Back Squat

Name: Alex 1) | Date

>2.7
>2.3
>1.5
<1.5



Name	Date	Mass (kg)	Est. 1RM Back Squat (Bryzcki)
Alex	5 May 2025	91	168.77
Alex	15 Mar 2025	90	163.14
Alex	10 Jan 2025	92	157.52

Reactive Strength Index: An assessment of the plyometric ability of the lower body, by taking the jump height (cm) as the numerator and the ground contact (ms) as the denominator to create the ratio or index score (pink line). Hence the goal is to jump as high as possible with the shortest ground contact as possible. Norms are in red, amber, green, and gold.

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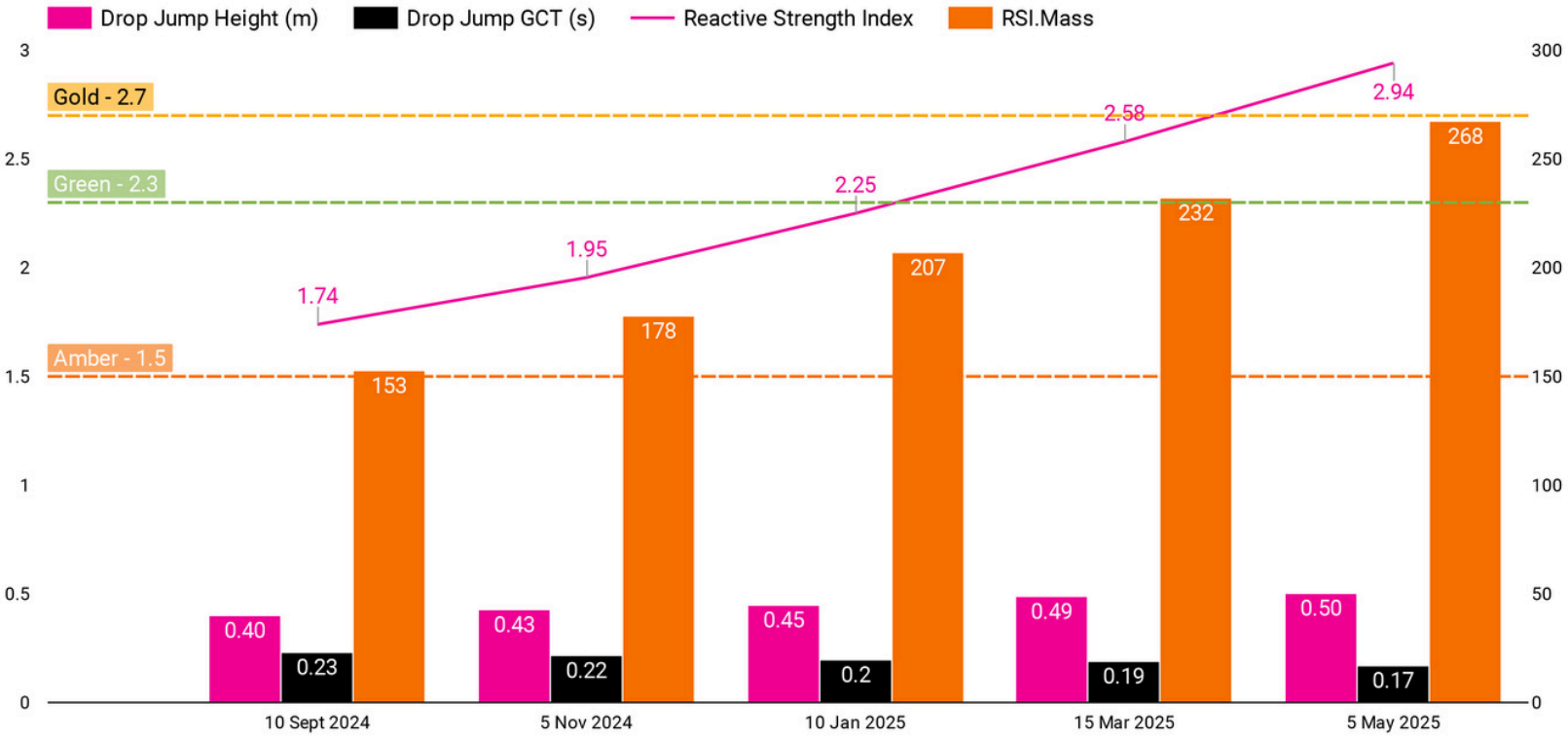
Abingdon School Sport Scholars
Reactive Strength Index

Name: Alex 1) | Date

>2.7
>2.3
>1.5
<1.5



Name	Date	Mass (kg)	Drop Jump Height (m)	Drop Jump GCT (s)	Reactive Strength Index	RSI.Mass
Alex	5 May 2025	91.00	0.50	0.17	2.94	267.65
Alex	15 Mar 2025	90.00	0.49	0.19	2.58	232.11
Alex	10 Jan 2025	92.00	0.45	0.20	2.25	207

Eccentric Utilisation Ratio: Assesses how well one can use the stretch shortening cycle of the lower body by comparing a Static Jump (SJ) with an Countermovement Jump (CMJ) where there is eccentric loading. The goal is to have a CMJ 10% higher than the SJ.

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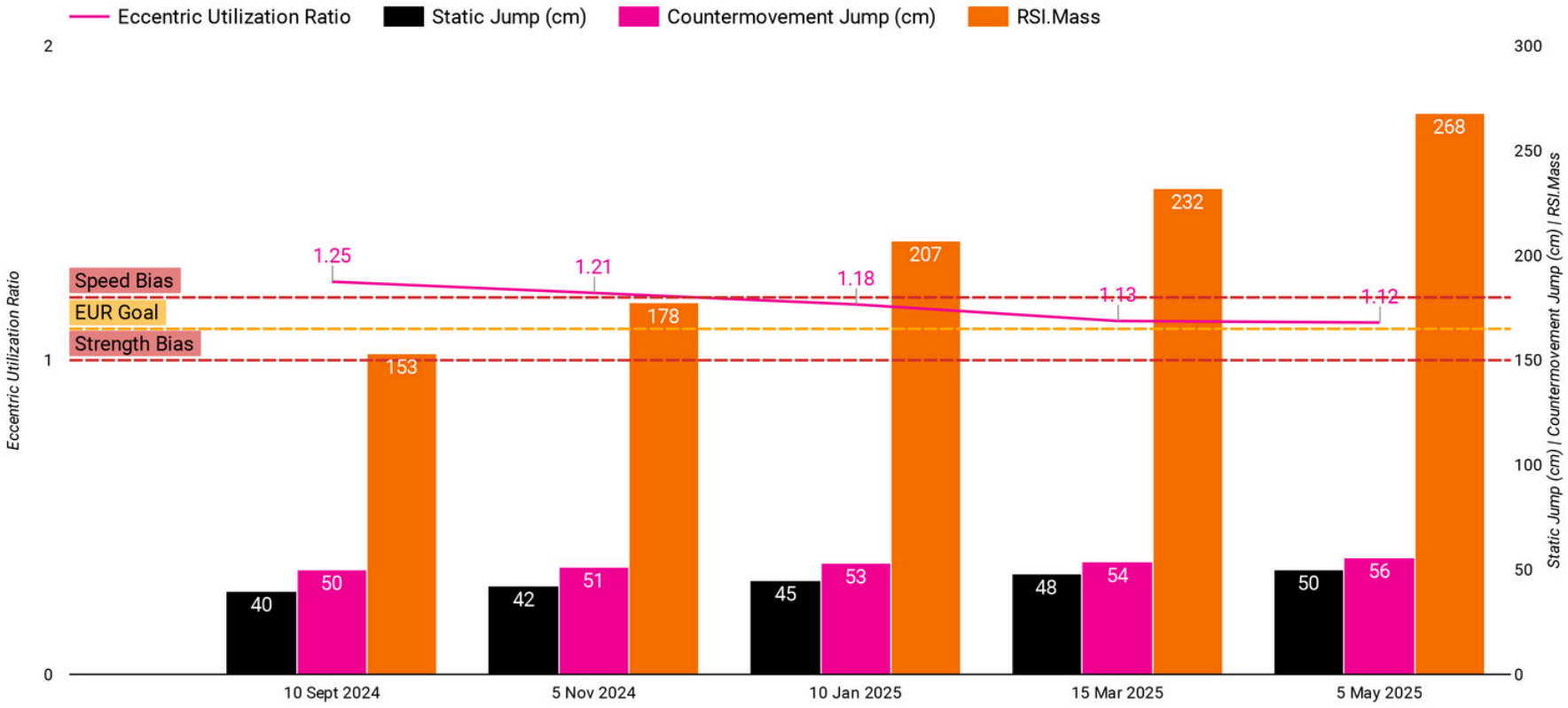
Abingdon School Sport Scholars
Eccentric Utilisation Ratio

>1.2
=1.1
<0.9

Name: Alex (1) | Date | Year Group



Name	Date	Mass (kg)	Static Jump (cm)	Countermovement Jump (cm)	Eccentric Utilization Ratio	RSI.Mass
Alex	5 May 2025	91	50	56	1.12	268
Alex	15 Mar 2025	90	48	54	1.13	232
Alex	10 Jan 2025	92	45	53	1.18	207