

Skills Work Sheet

2009/JC

No.	Name	Setting						Attack					Serving						Passing														
		Position(s)					Avg	Transition					Avg	Zones			Jump			Avg	Forearm			Overhead			Avg						
		S	RH	OH	MH	DS		1	2	3	4	5		1	2	3	4	5	6		1	2	3	4	5	6							
72	Erika T Swain						0	1	1	1	1	0	66.67%	1	0	1	1	0	20.00%	0	1	0	1	1	0	50.00%	0	0	0	0	1	1	33.33%
1	Zandra Carter						0	1	0	1	0	1	50.00%	0	0	1	1	1	40.00%	0	0	1	0	0	0	16.67%	0	1	0	0	1	1	50.00%
58	Brittany Childress						0	1	1	1	1	1	83.33%						0.00%	1	0	1	1	1	1	83.33%	1	1	1	1	1	0	83.33%
68	Allyson Reis						1	1	1	1	1	1	100.00%	1	1	0	0	1	60.00%	1	0	0	1	1	1	66.67%	1	1	1	1	1	1	100.00%
52	Cassandra Leisner						1	1	1	1	1	1	100.00%	1	1	1	1	1	100.00%	1	0	1	1	1	1	83.33%	1	1	1	1	1	1	100.00%
91	Sagan Drake						1	1	1	1	1	1	100.00%	1	1	1	1	1	100.00%	0	0	0	0	1	1	33.33%	1	1	1	1	1	1	100.00%
71	Ashton Dare						1	0	0	1	1	0	50.00%	0	1	1	1	1	80.00%	1	1	1	1	0	0	66.67%	1	0	1	1	1	1	83.33%
69	Cassie Jarvis						1	1	1	1	1	1	100.00%	0	1	1	0	0	40.00%	1	1	1	1	1	0	83.33%	1	1	1	1	1	1	100.00%
59	Taylor Onion						1	1	1	1	1	1	100.00%	1	1	1	1	1	100.00%	1	1	0	1	0	1	66.67%	1	1	1	1	1	0	83.33%
54	Samantha Beard						1	1	1	1	1	1	100.00%	1	1	0	1	1	80.00%	0	1	1	1	0	0	50.00%	1	1	1	1	1	0	83.33%
63	Courtney Martin						1	1	1	1	1	1	100.00%	0	1	1	0	1	60.00%	0	1	1	1	1	0	66.67%	1	1	1	1	1	1	100.00%
84	Stephanie A. Dziengel						1	1	1	1	1	1	100.00%	1	1	1	1	0	80.00%	1	1	1	1	1	1	100.00%	1	1	1	1	1	1	100.00%
28	Priscilla Craig						1	1	0	0	0	1	50.00%	1	0	1	1	1	80.00%	1	1	1	1	1	1	100.00%	1	1	1	1	1	0	83.33%
51	Shannon Curtis						1	1	1	1	1	1	100.00%	1	1	1	1	0	80.00%	1	1	0	1	1	1	83.33%	1	1	1	1	1	1	100.00%
73	Hayley E Baker						1	1	1	1	1	1	100.00%	1	1	0	1	1	80.00%	0	1	0	0	1	0	33.33%	1	1	1	1	1	1	100.00%
74	Elyse Berry						1	1	1	1	1	1	100.00%	0	1	1	0	1	60.00%	0	1	0	0	1	1	50.00%	0	0	0	1	1	1	50.00%

Physical Work Sheet

2009/JC

No.	Name	Height	Reach	Vertical Jump	Approach Jump	20 Meter Shuttle			3 Cone Drill		
						1st Attempt	2nd Attempt	Avg	1st Attempt	2nd Attempts	Avg
53	Sarah Auxier	5' 6"	7'	8' 9"	8' 9.5"	2	1.75	1.875	10.41	10.31	10.36
92	Jordan Rothchild	5' 11"	7' 6.5"	9' 1.5"	9' 2"	1.84	1.91	1.875	10.09	10.1	10.095
26	Kelsey Proctor	6' 1.5"	7' 9"	9' 1"	9' 3"	1.85	1.94	1.895	11.22	10.81	11.015
83	Andrea Kobermann	5' 9"	7' 3"	8' 9"	8' 10.5"	2.09	2.06	2.075	11.18	10.78	10.98
81	Becky Brown	5' 7"	7' 2"	8' 5.5"	8' 7.5"	2.07	2	2.035	11	10.38	10.69
75	Rachel Rheinheimer	5' 6"	7'	8' 4.5"	8' 5.5"	1.85	1.85	1.85	9.91	9.72	9.815
50	Morgan West	5' 9.5"	7' 4"	9' 2"	9' 3.5"	1.85	1.75	1.8	10.15	10.32	10.235
48	Sierra Campbell	5' 8"	7' 4"	9' 1.5"	9' 1.5"	1.68	1.84	1.76	9.91	9.82	9.865
77	Jessica Gilbert	6'	7' 7.5"	8' 10"	8' 10"	2.06	1.97	2.015	10.81	10.94	10.875
49	Erica Wirt	5' 9"	7' 3"	8' 8"	8' 11"	1.78	1.75	1.765	10.22	9.81	10.015
22	Natalee Gruse	5' 11"	7' 7"	8' 10"	9' 1"	2.12	1.75	1.935	10.54	10.5	10.52
57	Amanda Boise	5' 5"	7' 11"	8' 3.5"	8' 6.5"	1.87	1.75	1.81	10.25	10.06	10.155
3	Keana Richardson	5' 5"	6' 11"	9'	9' 4.5"	1.56	1.75	1.655	10.28	9.84	10.06
30	Carmen Gentes	5' 10"	7' 8"	9' 1.5"	9' 2.5"	2	1.94	1.97	10.29	10.28	10.285
2	Kaneesha Douglas	5' 6"	7' 1"	8' 1"	8' 4.5"	2.09	2.16	2.125	11.37	11.35	11.36
56	Akeyta Mayes	5' 6"	7' 3"	8' 8.5"	8' 10.5"	1.75	1.81	1.78	10.43	10.44	10.435
82	Christina Hans	5' 9.5"	7' 5"	8' 6.5"	8' 9.5"	1.84	2	1.92	10.25	10.09	10.17
4	Melissa McClain	5' 10"	7' 5"	8' 10"	9' 1.5"	1.66	1.75	1.705	9.75	9.75	9.75
64	Chelsea Mutton	5' 6.5"	7' 2"	8' 8.5"	8' 10.5"	1.93	1.87	1.9	10.69	10.56	10.625

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No.	Name	Setting						Attack					Serving						Passing															
		Position(s)					Avg	Transition					Avg	Zones			Jump			Avg	Forearm			Overhead			Avg							
		S	RH	OH	MH	DS		1	2	3	4	5		6	1	2	3	4	5		6	1	2	3	4	5		6						
53	Sarah Auxier					DS	1	1	1	1	0	1	83.33%							0.00%	1	1	1	1	1	1	100.00%	1	1	1	1	1	1	100.00%
92	Jordan Rothchild					DS	1	1	1	0	1	0	66.67%	1	1	1	1	0	80.00%	0	0	1	1	1	1	66.67%	1	1	0	1	1	0	66.67%	
26	Kelsey Proctor		DS				1	1	1	1	0	0	66.67%	1	1	1	0	1	80.00%	0	1	1	0	1	1	66.67%	1	1	1	1	1	1	100.00%	
83	Andrea Kobermann					DS	1	1	1	1	1	1	100.00%	1	1	1	0	1	80.00%	0	1	1	1	1	1	83.33%	1	1	0	1	1	1	83.33%	
81	Becky Brown					DS	1	1	1	1	0	0	66.67%	0	0	1	1	1	60.00%	1	0	1	1	0	1	66.67%	1	1	1	1	0	1	83.33%	
75	Rachel Rheinheimer					DS	1	1	1	1	1	1	100.00%						0.00%	1	1	1	1	0	1	83.33%	1	1	1	1	1	0	83.33%	
50	Morgan West					DS	1	1	0	1	1	1	83.33%	1	1	1	1	1	100.00%	0	0	0	0	1	0	16.67%	1	1	1	1	1	1	100.00%	
48	Sierra Campbell					DS	1	1	1	1	1	0	83.33%	1	1	1	1	1	100.00%	1	0	1	0	1	0	50.00%	1	1	0	1	1	1	83.33%	
77	Jessica Gilbert					DS	1	1	1	1	0	0	66.67%	0	1	1	1	1	80.00%	0	1	0	0	0	0	16.67%	1	0	0	1	1	1	66.67%	
49	Erica Wirt					DS	1	1	1	0	1	1	83.33%	1	1	1	0	1	80.00%	0	1	0	1	1	1	66.67%	1	0	1	1	1	1	83.33%	
22	Natalee Gruse					DS	1	1	1	1	1	1	100.00%	1	0	1	1	1	80.00%	1	1	0	1	1	1	83.33%	1	0	1	1	1	1	83.33%	
57	Amanda Boise					DS	1	1	1	1	1	1	100.00%	0	0	1	0	0	20.00%	1	1	0	1	0	0	50.00%	1	1	0	1	1	1	83.33%	
3	Keana Richardson					DS	1	1	0	1	0	0	50.00%	1	1	1	1	1	100.00%	1	1	1	1	1	1	100.00%	1	1	0	1	1	0	66.67%	
30	Carmen Gentes					DS	1	1	1	1	1	0	83.33%	1	0	1	0	1	60.00%	1	1	1	1	0	1	83.33%	0	0	1	1	1	1	66.67%	
2	Kaneesha Douglas		DS				1	1	1	1	1	1	100.00%						0.00%	1	1	1	1	1	1	100.00%	1	0	0	0	1	1	50.00%	
56	Akeyta Mayes					DS	1	1	0	1	1	1	83.33%	1	0	1	1	1	80.00%	1	1	0	1	1	0	66.67%	1	1	0	0	1	1	66.67%	
82	Christina Hans					DS	1	1	0	1	1	1	83.33%	0	1	0	1	1	60.00%	0	1	0	1	0	1	50.00%	1	1	0	1	1	1	83.33%	
4	Melissa McClain					DS	1	1	0	1	1	0	66.67%	0	1	1	1	1	80.00%	0	1	1	0	1	1	66.67%	0	0	0	1	0	1	33.33%	
64	Chelsea Mutton					DS	1	1	1	1	1	1	100.00%						0.00%	1	1	1	1	0	1	83.33%	1	1	0	1	1	1	83.33%	

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2010/2011

No.	Name	Setting						Attack					Serving						Passing															
		Position(s)						High		Mid		Back		Avg	Transition					Avg	Zones			Jump			Avg	Forearm			Overhead			Avg
		S	RH	OH	MH	DS	1	2	1	2	1	2	1		2	1	2	3	4		5	1	2	3	4	5		6	1	2	3	4	5	
31	Mikkia Graves							0	1	1	0	0	1	50.00%	1	1	1	1	1	100.00%	1	1	0	1	1	1	83.33%	0	1	0	1	0	0	33.33%
72	Megan Singletary						1	0	1	1	1	1	83.33%	1	1	1	1	0	80.00%	1	1	0	1	1	1	83.33%	1	1	1	1	1	1	100.00%	
93	Allison Cherry						1	1	1	1	1	1	100.00%	1	0	1	1	0	60.00%	1	1	1	1	1	1	100.00%	0	1	0	1	1	1	66.67%	
73	Bree Gibbs						1	1	1	1	1	1	100.00%	0	0	1	1	1	60.00%	1	0	0	1	1	1	66.67%	1	1	1	1	1	1	100.00%	
8	Tatiana Cooper						1	1	1	1	1	1	100.00%	1	1	1	1	1	100.00%	1	1	0	1	1	1	83.33%	1	1	1	1	1	1	100.00%	
56	Lori Privratsky						1	1	1	1	1	1	100.00%	0	0	1	0	1	40.00%	1	0	0	1	0	1	50.00%	1	1	0	1	0	0	50.00%	
10	Lindsay Herman						1	1	1	1	1	1	100.00%	1	1	1	1	1	100.00%	1	1	1	1	1	0	83.33%	1	1	1	1	1	1	100.00%	
11	Brianna Lampe						1	1	1	1	1	1	100.00%	1	1	1	1	1	100.00%	1	0	1	0	1	1	66.67%	1	1	0	1	1	1	83.33%	
42	Shauna Friedmanky						1	1	1	1	1	1	100.00%	1	0	1	1	1	80.00%	1	1	0	1	0	1	66.67%	1	1	0	1	1	1	83.33%	
32	Amanda Lenz						1	1	1	1	1	1	100.00%	1	0	1	1	1	80.00%	1	0	1	0	1	1	66.67%	0	1	1	1	1	1	83.33%	
49	Kasey Johnson						1	1	1	1	1	1	100.00%	1	0	0	0	0	20.00%	0	0	1	1	1	0	50.00%	1	0	0	1	0	1	50.00%	
57	Danielle Thompson						1	1	1	1	1	1	100.00%	1	1	1	1	1	100.00%	1	0	0	1	1	1	66.67%	1	1	0	1	1	1	83.33%	
71	Janay Pollard						1	1	1	1	1	1	100.00%	1	1	0	1	1	80.00%	1	1	0	1	0	0	50.00%	1	1	1	1	1	1	100.00%	
9	Madison Watson						1	1	1	1	1	1	100.00%	1	1	0	1	1	80.00%	1	0	1	0	0	0	33.33%	1	1	0	0	1	1	66.67%	

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No.	Name	Setting						Attack					Serving						Passing															
		Position(s)						High		Mid		Back		Avg	Transition					Avg	Zones			Jump			Avg	Forearm			Overhead			Avg
		S	RH	OH	MH	DS	1	2	1	2	1	2	1		2	3	4	5	1		2	3	4	5	6	1		2	3	4	5	6		
68	Jessie Lantz						1	1	1	1	1	1	100.00%	1	0	0	1	1	40.00%	1	0	1	0	0	1	50.00%	1	1	1	1	1	1	100.00%	
4	Kate Kendall						1	1	1	1	1	1	100.00%	1	1	1	1	0	80.00%	1	0	0	1	1	1	66.67%	1	0	1	1	1	1	83.33%	
96	Evelyn Alegria						1	1	1	1	1	1	100.00%	0	1	0	1	0	40.00%	1	1	0	1	1	1	83.33%	1	1	0	1	1	1	83.33%	
94	Anna McNulty						1	1	1	1	1	1	100.00%	0	0	1	1	1	60.00%	0	1	1	1	1	1	83.33%	1	1	1	0	1	1	83.33%	
5	Alexandria Smith						1	1	1	1	0	0	66.67%	0	0	0	0	0	0.00%	1	1	1	1	1	0	83.33%	0	1	1	1	0	1	66.67%	
13	Whitney Barnes						1	1	1	1	1	1	100.00%	1	1	1	1	0	80.00%	0	1	1	1	0	0	50.00%	1	1	0	1	1	1	83.33%	
95	Allison Wrage						1	1	1	1	1	1	100.00%	1	1	0	1	1	80.00%	0	0	0	1	0	1	33.33%	0	0	0	1	1	1	50.00%	
75	Samantha Rosinski						1	1	1	1	1	1	100.00%	1	1	0	0	1	60.00%	1	1	0	1	1	1	83.33%	1	1	1	1	1	0	83.33%	
80	Jacki Rosinski						1	0	1	0	0	0	33.33%	0	1	1	1	0	60.00%	0	1	1	0	1	1	66.67%	1	1	1	1	0	1	83.33%	
30	Kathrine Wackawik						1	1	1	1	1	0	83.33%	0	0	1	0	0	20.00%	0	0	1	0	0	0	16.67%	1	1	0	1	1	1	83.33%	
79	Lindsey Carroll						1	1	1	1	1	1	100.00%	0	0	0	0	1	20.00%	1	1	1	0	1	1	83.33%	1	1	1	1	1	1	100.00%	
1	Colie Gutzmer						1	1	1	1	1	0	83.33%	0	0	0	1	0	20.00%	1	0	1	1	0	1	66.67%	1	0	0	0	1	1	50.00%	
2	Nancy Williams						1	1	1	1	1	1	100.00%	1	0	0	1	1	60.00%	0	0	1	1	1	1	66.67%	1	1	1	0	0	1	66.67%	
78	Danielle Bouchard						1	1	1	0	0	0	50.00%	1	1	1	1	0	80.00%	1	0	0	0	1	0	33.33%	0	1	1	1	1	1	83.33%	
76	Courtney Ugel						1	1	1	0	0	0	50.00%	0	1	1	1	0	60.00%	1	1	1	1	0	0	66.67%	1	1	0	0	1	1	66.67%	

