

St. Albert Sports Academy
“Athletics are a Dress Rehearsal for Life”
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Athlete:

Tests	Term 1	Term 2	Best score in Group
Forward Left Cross Over (Seconds)			
Forward Right Cross Over (Seconds)			
Backward Left Cross Over (Seconds)			
Backward Right Cross Over (Seconds)			
30 Ft Sprint (Seconds)			
100 Ft Sprint (Seconds)			
100 Ft Agility (Seconds)			
Oilers Agility (Seconds)			
Shot Speed (MPH)			
Passing (Percent)			
Saucer Passing (Percent)			
Shooting Accuracy (Percent)			
On Ice Endurance (Minute/Second)			
Agility Tight Turn (Seconds)			

Coachability: Listens to Instructions and executes to the best of his or her ability, takes tips and advice, asks questions, admits errors and shows that he or she wants to learn.

Needs Improvement Satisfactory Proficient Outstanding

Concentration: Ability to remain focused on the task at hand, not easily distracted.

Needs Improvement Satisfactory Proficient Outstanding

Mental Toughness: Not easily discouraged, rebounds from errors performs well under pressure.

Needs Improvement Satisfactory Proficient Outstanding

Discipline: Is able to control temper and follow rules.

Needs Improvement Satisfactory Proficient Outstanding

Leadership: Leads by example, encourages others, respected by others.

Needs Improvement Satisfactory Proficient Outstanding

Skating:

Acceleration: Needs Improvement	Satisfactory	Proficient	Outstanding
Speed: Needs Improvement	Satisfactory	Proficient	Outstanding
Agility: Needs Improvement	Satisfactory	Proficient	Outstanding
Cross Overs: Needs Improvement	Satisfactory	Proficient	Outstanding
Quick Feet: Needs Improvement	Satisfactory	Proficient	Outstanding
Change of Pace: Needs Improvement	Satisfactory	Proficient	Outstanding
Pivots/Transitions: Needs Improvement	Satisfactory	Proficient	Outstanding

Passing:

Accurate: Needs Improvement	Satisfactory	Proficient	Outstanding
Uses Backhand: Needs Improvement	Satisfactory	Proficient	Outstanding
Saucer: Needs Improvement	Satisfactory	Proficient	Outstanding
Receiving Forehand: Needs Improvement	Satisfactory	Proficient	Outstanding
Receiving Backhand: Needs Improvement	Satisfactory	Proficient	Outstanding

Puck Control:

Heads up: Needs Improvement	Satisfactory	Proficient	Outstanding
Deceptive: Needs Improvement	Satisfactory	Proficient	Outstanding
In Traffic: Needs Improvement	Satisfactory	Proficient	Outstanding
Puck Protection: Needs Improvement	Satisfactory	Proficient	Outstanding

Shooting:

Accurate: Needs Improvement	Satisfactory	Proficient	Outstanding
Can shoot in Stride: Needs Improvement	Satisfactory	Proficient	Outstanding
Power: Needs Improvement	Satisfactory	Proficient	Outstanding
Weight Transfer: Needs Improvement	Satisfactory	Proficient	Outstanding
Can use a variety of shots: Needs Improvement	Satisfactory	Proficient	Outstanding
Quick Release: Needs Improvement	Satisfactory	Proficient	Outstanding
Follow Through: Needs Improvement	Satisfactory	Proficient	Outstanding

Game Sense:

Positional Play: Needs Improvement	Satisfactory	Proficient	Outstanding
Gap Control: Needs Improvement	Satisfactory	Proficient	Outstanding
Anticipation: Needs Improvement	Satisfactory	Proficient	Outstanding
Good Stick Position: Needs Improvement	Satisfactory	Proficient	Outstanding
Good use of angles: Needs Improvement	Satisfactory	Proficient	Outstanding
Smart plays/good use of teammates: Needs Improvement	Satisfactory	Proficient	Outstanding

Academy staff comments: