

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

**June 2018**

<b>Tests</b>	<b>Term 1</b>	<b>Term 2</b>
1500m Run (mins/secs.)	8.57	
Standing Long Jump (cm)	139	
Vertical Jump (inches)	11	
60m Sprint (secs.)	11.9	
Push Ups	20	
Chin Ups	1	
6 inch Leg Lift (mins./secs.)	0.21	
Dribbling (secs.)	20.2	
Shot Speed - Right/Left (km/hr)	51/45	
Passing (# of targets hit out of 12)	9	
Juggling	5	
Heading	3	

**Assessment Legend:**

**O**–Outstanding    **P**–Proficient    **S**–Satisfactory    **N**–Needs Improvement

**Character**

	<b>Coachability:</b> 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.
	<b>Concentration/Mental Toughness:</b> Ability to remain focused on the task at hand, not easily distracted. Positive attitude, rebounds from errors, performs well under pressure.
	<b>Effort:</b> Self motivated and driven to improve, works hard at all sessions.
	<b>Discipline:</b> Is able to control temper and follow rules.
	<b>Leadership:</b> Leads by example, encourages others, respected by others.

## **Dribbling**

## **Passing**

	Speed/Acceleration		Accuracy
	Change of Speed/Acceleration		Quick
	Head Up		Head Up
	Ball Control		Right Foot (inside/outside)
	Right Foot		Left Foot (inside/outside)
	Left Foot		First Touch Reception

## **Shooting**

## **Game Sense**

	Accuracy		Game Awareness
	Power		Positional Play
	Right Foot		Vision
	Left Foot		Supports Teammates
	Quick Release		Decision Making
	Shooting in Stride		Plays by the Rules

**Academy staff comments:**