



Mill Hill

Instilling values, inspiring minds

Grimsdell | Belmont | Mill Hill School | Mill Hill International

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# Mill Hill School

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Example of Results  
Generated from Allianz  
Park

**Total Score of Athleticism (TSA)** – This is the total of your z-scores (how far you are from the squad average) across all tests and shows your athleticism in comparison to the group.

**Rank**  
This is based off how well you ranked in your gender group.

## Athlete Feedback Report

Name	Date	Height (cm)	Weight (kg)	TSA	Rank
[REDACTED]	19/01/15	[REDACTED]	[REDACTED]	6.77	3

### Performance Scores

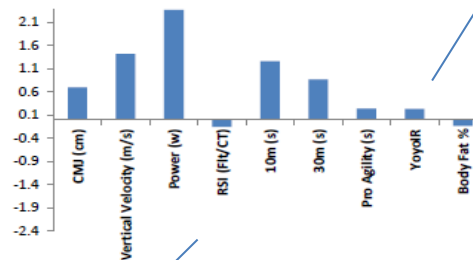
Test	Body Fat (%)	CMJ (cm)	Velocity (m/s)	Power (w)	RSI (ft/gct)	10m (s)	30m (s)	Pro Agility (s)	Yoyo IR (Level)
<b>Your Score</b>	26.00	39.70	2.46	1652.2	2.03	2.02	5.05	5.81	15
<b>Average Score</b>	24.47	33.92	2.26	1022.0	2.08	2.08	5.28	5.89	14
<b>Best Score</b>	12.00	44.00	2.46	1652.2	2.71	2.01	4.94	5.37	20

Your raw score

Average score within your testing group.

Best score within the testing group.

Movement Screen	
Weakness - Single leg	
Weakness - LPHC	
<b>RAG Rating</b>	<b>Amber</b>



**Z-Score Bar Graph**

The horizontal line at '0' represents the group's average. Anything above the '0' indicates you have a score better than the average. Anything below indicates worse than the average.



**Movement Screens**

Highlights areas of weaknesses in movement patterns

**Green** – Good to go: Low injury risk

**Red** – Warning: High injury risk

**Amber** – Moderate injury risk

- CMJ** – Counter movement jump
- Vertical Velocity** – Impulse/mass
- Power** – Force x Velocity
- RSI** – Reactive strength index.
- 10m** – 10m Sprint
- 30m** – 30m Sprint
- Pro agility** – Agility test
- YoyoR1** – YoYo Intermittent recovery test level 1
- Body fat %** – Percentage of body fat