

Athletic Ability Rating Chart

43.25

Profile #	Athlete Name	CITY			STATE	AGE	SPORT	1st POS	2nd POS	LH/RH	LF/RF
1	Carson Newman	Anytown			ST	13	BASKETBALL	G	SG	LH	RF
RANGE	Point Value	Height (inches)	Weight (lbs)	Reach (inches)	Wing Span (inches)	Sit-Ups (in 60 sec's)	High-Jump (inches)	Long-Jump (inches)	40-Yard Dash (sec's)	100-Yard Sprint (sec's)	Mile-Run (min's)
Input Individual Results HERE		55.00	90.00	62.00	62.00	45	74.00	60.00	7.000	14.000	9.000
Check Point Value HERE		3.75	4.25	2.50	2.50	6.25	4.25	4.75	5.00	5.00	5.00
HIGH	10.00	78.00	275.00	94.00	94.00	60.00	120.00	82.00	4.400	8.800	6.00
	9.75	77.50	262.50	93.00	93.00	59.00	118.00	81.00	4.450	8.900	6.05
	9.50	77.00	250.00	92.00	92.00	58.00	116.00	80.00	4.475	8.950	6.10
	9.25	76.50	237.50	91.00	91.00	57.00	114.00	79.00	4.500	9.000	6.15
	9.00	76.00	225.00	90.00	90.00	56.00	112.00	78.00	4.600	9.200	6.20
	8.75	75.00	212.50	88.00	88.00	55.00	110.00	77.00	4.700	9.400	6.30
	8.50	74.00	200.00	86.00	86.00	54.00	108.00	76.00	4.800	9.600	6.40
	8.25	73.00	190.00	85.00	85.00	53.00	106.00	75.00	4.900	9.800	6.50
	8.00	72.00	180.00	84.00	84.00	52.00	104.00	74.00	5.000	10.000	6.60
	7.75	71.00	170.00	83.00	83.00	51.00	102.00	73.00	5.100	10.200	6.70
Mid-High	7.50	70.00	160.00	82.00	82.00	50.00	100.00	72.00	5.200	10.400	6.80
	7.25	69.00	150.00	81.00	81.00	49.00	98.00	71.00	5.300	10.600	6.90
	7.00	68.00	145.00	80.00	80.00	48.00	96.00	70.00	5.400	10.800	7.00
	6.75	67.00	140.00	79.00	79.00	47.00	94.00	69.00	5.500	11.000	7.25
	6.50	66.00	135.00	78.00	78.00	46.00	92.00	68.00	5.600	11.250	7.50
	6.25	65.00	130.00	77.00	77.00	45.00	90.00	67.00	5.750	11.500	7.75
	6.00	64.00	125.00	76.00	76.00	44.00	88.00	66.00	6.000	12.000	8.00
	5.75	63.00	120.00	75.00	75.00	43.00	86.00	65.00	6.250	12.500	8.25
	5.50	62.00	115.00	74.00	74.00	42.00	84.00	64.00	6.500	13.000	8.50
	5.25	61.00	110.00	73.00	73.00	41.00	82.00	63.00	6.750	13.500	8.75
Mid	5.00	60.00	105.00	72.00	72.00	40.00	80.00	62.00	7.000	14.000	9.00
	4.75	59.00	100.00	71.00	71.00	39.00	78.00	60.00	7.250	14.500	9.25
	4.50	58.00	95.00	70.00	70.00	38.00	76.00	58.00	7.500	15.000	9.50
	4.25	57.00	90.00	69.00	69.00	37.00	74.00	55.00	7.750	15.500	9.75
	4.00	56.00	85.00	68.00	68.00	36.00	72.00	52.00	8.000	16.000	10.00
	3.75	55.00	80.00	67.00	67.00	35.00	70.00	49.00	8.250	16.500	10.25
	3.50	54.00	75.00	66.00	66.00	34.00	68.00	46.00	8.500	17.000	10.50
	3.25	53.00	72.50	65.00	65.00	33.00	66.00	43.00	8.750	17.500	10.75
	3.00	52.00	70.00	64.00	64.00	32.00	64.00	40.00	9.000	18.000	11.00
	2.75	51.00	67.50	63.00	63.00	31.00	62.00	38.00	9.250	18.500	11.20
Low-Mid	2.50	50.00	65.00	62.00	62.00	30.00	60.00	36.00	9.500	19.000	11.40
	2.25	49.00	62.50	61.00	60.00	29.00	59.00	34.00	9.750	19.500	11.60
	2.00	48.00	60.00	60.00	58.00	28.00	58.00	32.00	10.000	20.000	11.80
	1.75	47.00	57.50	59.00	56.00	26.00	57.00	31.00	10.250	20.500	12.00
	1.50	46.00	55.00	58.00	54.00	24.00	56.00	30.00	10.500	21.000	12.25
	1.25	45.00	52.50	57.00	52.00	22.00	55.00	29.00	10.750	21.500	12.50
	1.00	44.00	50.00	56.00	50.00	20.00	54.00	28.00	11.000	22.000	13.00
	0.75	43.00	47.50	55.00	49.00	18.00	53.00	27.00	12.000	24.000	13.50
	0.50	42.00	45.00	54.00	48.00	16.00	52.00	26.00	13.000	26.000	14.00
	0.25	41.00	42.50	53.00	47.00	14.00	51.00	25.00	14.000	28.000	14.50
Low	0.13	40.00	40.00	52.00	46.00	12.00	50.00	24.00	15.000	30.000	15.00
Overall AAR		43.25									

HOW TO INTERPRET THE AAR CHART

POINT SYSTEM	
#1	There are 10 metrics weighted 10 points each.
#2	For best results, make (3) attempts for each metric, use only the middle result, and enter data in the appropriate yellow cell.
#3	Some metrics are based on natural growth while others are based on speed and strength.
#4	The goal is to establish a starting point, and to improve your score over time.
RECORD KEEPING	
#5	To get started, enter personal info on Row 3 . Seek assistance from a coach, parent or fellow athlete in obtaining results for each metric..
#6	For each metric, input results on Row 6 . The corresponding AAR point value will auto-populate on Row 7.
#7	As you enter each metric result, your Overall Rating (AAR) will appear in the upper RH corner of the chart.
#8	Current inputs auto-populate to the 2nd tab - allowing the athlete to track and assess performance improvement over time.
ACTION PLAN	
#9	The AAR is not a predictor of future success, but simply a measure of current attributes that can be improved over time.
#10	Hence the purpose of this tool is to help athletes track performance in key performance metrics over time.
#11	While the AAR helps to identify specific areas needing improvement, it is up to the athlete to develop in those areas.
WHAT IS CONSIDERED A HIGH QUALITY AAR?	
#12	AAR values are based on 10 individual metrics - one range for all age groups and sports (male and female).
#13	For this reason, it should be expected that the majority of older athletes will score higher than younger athletes.
#14	While the goal is to improve the AAR over time, the focus of comparison should be within your own age group and sport.
Getting Rated is the 1st step...	
Getting Profiled shows athletes how they compare against other athletes in like age and sport groups, and identifies the gaps where the biggest gaps exist.	

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Carson Newman

Height (inches)	Weight (lbs)	Reach (inches)	Wing Span (inches)	Sit-Ups (in 60 sec's)	High-Jump (inches)	Long-Jump (inches)	40-Yard Dash (sec's)	100-Yard Sprint (sec's)	Mile-Run (min's)	AAR TODAY
55.00	90.00	62.00	62.00	45.00	74.00	60.00	7.00	14.00	9.00	43.25
3.75	4.25	2.50	2.50	6.25	4.25	4.75	5.00	5.00		

AGE 13

AAR WORKSHEET

SPORT	BASKETBALL	HEIGHT	55.00	LH/RH	LH
1st POS	G	WEIGHT	90.00	LF/RF	RF

My AAR Progress - 13 and Under Age Group



	AAR	Age 5	Age 6	Age 7	Age 8	Age 9	Age 10	Age 11	Age 12	Age 13
My Favorite										
Player: Stephan Curry	100.0									
	95.0									
Team: Golden State Warriors	90.0									
	85.0									
Coach: My Dad	80.0									
	75.0									
	70.0									
My Future										
	65.0									
The college I want to attend:	55.0									
UCLA	50.0									
Field of study:	45.0									43.25
Lawyer	40.0								40.00	
Three things I must do to help get me there:	35.0							34.90		
1 Work Hard	30.0						28.00			
	25.0						24.50			
2 Make Good Choices	20.0				19.90					
	15.0			14.50						
3 Be Passionate About My Goals	10.0		10.00							
	5.0	8.50								

Athletic Ability Rating 43.25

Athletic Ability Rank TBD
(based on my age group)

My Favorite Individual and Team Photos

2011

2012

2013

2014

2015

