

Performance Score

The Performance Score is an overall indicator of the seven performance tests without consideration for body weight. The better one scores on each test, the better the Performance Score.

Name	School	Performance Score May 09	Name	School	Performance Score Aug 09
Morris, James	Solon	86.3	Morris, James	Solon	88.6
Schmidt, Andy	Wartburg College	82.2	Miller, Tanner	Mid Prairie	85.5
Sleeper, Wes	Solon	81.9	Sleeper, Wes	Solon	85.2
Loveless, Derrick	Solon	81.3	Ashton, Andy	Solon	82.1
Miller, Tanner	Mid Prairie	81.1	Klosterman, Dean	Solon	80.9
Ashton, Andy	Solon	80.8	Butler, Logan	Solon	79.5
Ward, Zach	Solon	79.9	Henry, Nick	Solon	77.9
Brimeyer, Travis	Solon	79.5	Moore, Jack	Lonetree	77.7
Halsch, Anthony	Regina	78.5	Campbell, John	West	76.7
Kelsay, Matt	West	77.8	Constant, Andy	Solon	76.2
Klosterman, Dean	Solon	77.6	Adams, Clayton	Solon	75.7
Thompson, Jamal	West	77.5	Zeman, Lucas	Lonetree	75.5
Passmore, Zach	Mid Prairie	77.2	Reeve, Zach	Solon	75.4
Sullivan, Sean	Regina	77.0	Morris, Jake	Solon	74.9
Steffeny, Devyn	Solon	76.4	Nigg, Ben	Solon	74.9
Campbell, John	West	76.3	Constant, Evan	Solon	74.8
Constant, Andy	Solon	76.2	Brumwell, AJ	Solon	74.4
Rogers, Charlie	West High	76.1	Hanus, JJ	Solon	73.5
Jedlicka, Brian	Solon	75.7	Klouda, Andy	Solon	73.1
Reeve, Zach	Solon	75.3	Thompson, Kent	Lonetree	71.8
Hackert, Quinn	Solon	75.0	Ratzer, Levi	Lonetree	71.5
Henry, Nick	Solon	75.0	Loving, Zak	Lonetree	71.4
Moore, Jackn	Lonetree	74.9	Wears, Colton	Solon	71.2
Constant, Evan	Solon	74.7	Brown, Jacob	Solon	71.1
Rudolph, Matt	Regina	74.7	Norland, Derek	West	70.6
Reichelt, Jedd	Regina	74.5	Rayner, Quinn	Lonetree	70.5
Kittle, George	West	74.4	Ronan, Austin	Lonetree	70.5
Bay, Brandon	West	74.3	Larew, Max	Lonetree	69.7
Morris, Jake	Solon	74.3	Dall, Colton	Solon	69.6
Hanus, JJ	Solon	73.9	Reynolds, Tyler	Lonetree	68.7
Zeman, Lucas	Lonetree	73.9	Dall, Austin	Solon	67.8
Thompson, Kent	Lonetree	73.7	Sexton, Jacob	Lonetree	67.8
Siddell, Rory	Solon	73.5	Kroymann, Kyle	Solon	67.5
Boyt, Devlin	Regina	73.1	Stebal, Colin	Solon	67.2
Powell, Jaemin	Mid Prairie	73.0	Larew, Connor	Lonetree	66.5
Arnold, Kevin	Regina	72.8	Sieverting, Lucas	Lonetree	66.3
Brumwell, AJ	Solon	72.7	Aldeman, David	Mid Prairie	66.1
Hames, Mitchell	Regina	72.6	Winegar, Tate	Solon	66.0
Butler, Logan	Solon	72.5	Lorack, Gabe	Lonetree	65.7
Nigg, Ben	Solon	72.5	Shelman, James	Solon	65.2
Olson, Shawn	Solon	72.3	Miller, Harry	Lonetree	64.8
Norland, Derek	West	72.1	Gibson, Colin	Lonetree	64.7
Rohret, Joshua	Clear Creek Amana	71.9	Birely, Austin	Solon	64.6
Reynolds, Tyler	Lonetree	71.7	Buline, Dillon	Lonetree	64.2
Hackert, Lincoln	Solon	71.7	Menzer, Ezra	Lonetree	64.1
Klouda, Andy	Solon	71.7	Stumpf, Spencer	Lonetree	63.7
Westemeyer, Ross	Regina	71.5	Donovan, Bailey	Lonetree	63.5
Ronan, Austin	Lonetree	71.5	Floyd, Zack	Lonetree	63.5
Brenneman, Lucas	West	71.4	Forbes, Logan	Lonetree	62.0
Loving, Zak	Lonetree	71.2	Quigley, Jordan	Lonetree	61.9
Klatt, Ryan	West	71.1	Dodson, Andy	Lonetree	61.2
Barenz, Andrew	Solon	71.1	Murphy, Wyatt	Mid Prairie	61.0
Koenn, Marshall	Solon	70.7	Forbes, Bryan	Lonetree	59.8
Spencer, Mark	Regina	70.7	Brugman, Sam	Solon	59.1
Ratzler, Levi	Lonetree	70.6	Stumpf, Riley	Lonetree	58.9
Sherlock, Austin	West	70.4	Menzer, Ian	Lonetree	58.8
Potter, Johnny	West	70.3	Sutton, Jonathon	Lonetree	57.7
Dall, Colton	Solon	70.3	Wehmeyer, Derek	Lonetree	57.5
Sexton, Jacob	Lonetree	70.2	Flake, Dustin	Lonetree	57.1
Fitzharns, Cole	West	70.0	Lorack, James	Lonetree	51.8
Cox, Drew	Clear Creek Amana	69.6	Jedlicka, Brian	Solon	
Rayner, Quinn	Lonetree	69.4	Hora, Robert	Clear Creek Amana	
Smith, Tyler	Solon	69.3	Meade, Jacob	Clear Creek Amana	
Hassman, Oliver	Mid Prairie	69.2	Sedlacek, Caleb	Clear Creek Amana	
Lehman, Braden	Regina	69.2	Prymek, Dakota	Clear Creek Amana	

Performance Score continued

Weldon, Joe	Clear Creek Amana	68.7
McCaffery, Patrick	Regina	68.7
James, Tim	West High	68.6
Brown, Jacob	Solon	68.4
Larew, Max	Lonetree	67.8
McKee-Crow, Alex	Mid Prairie	67.7
Aldeman, David	Mid Prairie	67.6
Shulista, Aaron	Solon	67.5
Parysz, Pat	Solon	67.5
Earles, Nicholas	Regina	67.5
Dall, Austin	Solon	67.2
Lance, Tim		67.0
Menzer, Ezra	Lonetree	66.8
Stewart, Ryan	West	66.5
Kroymann, Kyle	Solon	66.5
Buline, Dillon	Lonetree	65.9
Miller, Harry	Lonetree	65.9
Browning, Ali	Regina	65.3
Gerard, Nicholas	Regina	65.2
Donovan, Michael	Regina	65.1
Larew, Connor	Lonetree	64.9
Leson, Matt	Upper Iowa College	64.7
Schnoebelen, Andrew	Regina	64.5
Lorack, Gabe	Lonetree	64.4
Ries, Zach	Regina	64.2
Quigley, Jordan	Lonetree	64.1
Erenberger, Tyler	Solon	64.0
Murphy, Wyatt	Mid Prairie	63.8
Sieverting, Lucas	Lonetree	63.8
Staak, John	Regina	63.7
Gibson, Colin	Lonetree	63.6
Birely, Austin	Solon	63.2
Pike, Jay	Solon	63.0
Pisarik, Paul	Solon	63.0
Asprey, Nolan	Solon	62.4
Sturgef, Spencer	Lonetree	62.4
Kwon, Kyamin	Lonetree	61.8
Acord, Devin	Lonetree	61.7
Forbes, Logan	Lonetree	61.6
Donovan, Bailey	Lonetree	61.2
McLaughlin, Ryan	Regina	60.8
Miller, Brendan	LaSalle Middle Sch.	60.8
Yankish, Tyler	Solon	60.8
Linden, Jamie	Solon	60.7
Pulkrabek, Sam	Regina	60.5
Flake, Tyler	Lonetree	60.4
Forbes, Bryan	Lonetree	59.6
Wehmeyer, Derek	Lonetree	59.3
Menzer, Ian	Lonetree	58.4
Stumpf, Riley	Lonetree	57.7
Miller, Austin	Solon	57.7
Sutton, Jonathon	Lonetree	57.6
Dodson, Andy	Lonetree	57.0
Osterhaus, Ben	Regina	57.0
Pearson, Jake	Lonetree	56.7
Flake, Dustin	Lonetree	56.0
Shelman, James	Solon	55.9
Miller, Chris	Solon	55.6
Strang, Joe	Regina	55.0
Garcia, Noah	Lonetree	52.2
Moore, Alexander	Lonetree	51.1
Lorack, James	Lonetree	50.4
Rude, Nicholas	West	49.6
Handson, Calbert	Solon	47.9

Power Score

The Power score takes into consideration each athlete's body weight for the scoring of the test. A heavier athlete running at the same speed as a lighter athlete will receive a higher Power Score.

Name	School	Power Score May 09	Name	School	Power Score Aug 09
Morris, James	Solon	164.7	Morris, James	Solon	168.3
Schmidt, Andy	Wartburg College	152.6	Sleeper, Wes	Solon	155.3
Loveless, Derrick	Solon	149.7	Miller, Tanner	Mid Prairie	155.2
Sleeper, Wes	Solon	149.2	Ashton, Andy	Solon	151.8
Ashton, Andy	Solon	148.7	Klosterman, Dean	Solon	147.5
Ward, Zach	Solon	148.3	Campbell, John	West	145.2
Thompson, Jamal	West	147.8	Butler, Logan	Solon	143.1
Reynolds, Tyler	Lonetree	147.4	Henry, Nick	Solon	142.5
Campbell, John	West	146.5	Loving, Zak	Lonetree	141.7
Kelsay, Matt	West	144.1	Constant, Andy	Solon	141.6
Bay, Brandon	West	144.0	Sexton, Jacob	Lonetree	140.5
Miller, Tanner	Mid Prairie	143.9	Constant, Evan	Solon	140.3
Steffeny, Devyn	Solon	143.2	Morris, Jake	Solon	138.4
Earles, Nicholas	Regina	142.8	Brumwell, AJ	Solon	138.0
Halsch, Anthony	Regina	142.4	Thompson, Kent	Lonetree	137.9
Potter, Johnny	West	142.1	Reeve, Zach	Solon	136.5
Sexton, Jacob	Lonetree	141.7	Adams, Clayton	Solon	136.0
Thompson, Kent	Lonetree	141.7	Brown, Jacob	Solon	135.5
Constant, Andy	Solon	141.2	Moore, Jack	Lonetree	135.2
Constant, Evan	Solon	141.0	Wears, Colton	Solon	134.6
Hames, Mitchell	Regina	140.7	Zeman, Lucas	Lonetree	133.5
Brimeyer, Travis	Solon	140.1	Nigg, Ben	Solon	133.5
Loving, Zak	Lonetree	140.0	Rayner, Quinn	Lonetree	132.1
Klosterman, Dean	Solon	139.1	Hanus, JJ	Solon	129.5
Arnold, Kevin	Regina	136.7	Birely, Austin	Solon	128.9
Rudolph, Matt	Regina	136.6	Klouda, Andy	Solon	128.1
Henry, Nick	Solon	136.4	Ratzer, Levi	Lonetree	127.4
Olson, Shawn	Solon	135.5	Norland, Derek	West	127.1
Hackert, Quinn	Solon	135.5	Brugman, Sam	Solon	126.2
Morris, Jake	Solon	135.5	Miller, Harry	Lonetree	124.5
Reeve, Zach	Solon	135.0	Ronan, Austin	Lonetree	123.8
Reichelt, Jedd	Regina	134.9	Menzer, Ezra	Lonetree	123.7
Brumwell, AJ	Solon	134.3	Winegar, Tate	Solon	122.1
Jedlicka, Brian	Solon	134.3	Larew, Max	Lonetree	120.8
Passmore, Zach	Mid Prairie	134.1	Floyd, Zack	Lonetree	119.9
Sherlock, Austin	West	132.2	Forbes, Logan	Lonetree	119.8
Fitzhams, Cole	West	132.1	Donovan, Bailey	Lonetree	119.8
Rogers, Charlie	West High	131.7	Kroymann, Kyle	Solon	119.3
Hanus, JJ	Solon	130.4	Dall, Colton	Solon	118.8
Sullivan, Sean	Regina	130.4	Aldeman, David	Mid Prairie	113.4
Kittle, George	West	130.4	Sutton, Jonathon	Lonetree	112.6
Menzer, Ezra	Lonetree	130.3	Sturgef, Spencer	Lonetree	112.5
Cox, Drew	Clear Creek Amana	130.1	Sieverting, Lucas	Lonetree	112.3
Brown, Jacob	Solon	130.0	Stebal, Colin	Solon	111.9
Hassman, Oliver	Mid Prairie	129.7	Menzer, Ian	Lonetree	111.7
McCaffery, Patrick	Regina	129.6	Larew, Connor	Lonetree	111.2
Boyt, Devlin	Regina	129.5	Quigley, Jordan	Lonetree	111.2
Norland, Derek	West	129.4	Gibson, Colin	Lonetree	109.1
Lehman, Braden	Regina	129.0	Lorack, Gabe	Lonetree	108.8
Zeman, Lucas	Lonetree	128.9	Dall, Austin	Solon	108.0
Rayner, Quinn	Lonetree	128.8	Shelman, James	Solon	108.0
Schnoebelen, Andrew	Regina	128.6	Buline, Dillon	Lonetree	101.6
Nigg, Ben	Solon	128.6	Dodson, Andy	Lonetree	99.1
Moore, Jackn	Lonetree	128.1	Flake, Dustin	Lonetree	98.2
Powell, Jaemin	Mid Prairie	127.9	Murphy, Wyatt	Mid Prairie	97.5
Spencer, Mark	Regina	127.5	Stumpf, Riley	Lonetree	93.3
Westemeyer, Ross	Regina	127.3	Lorack, James	Lonetree	92.4
Butler, Logan	Solon	127.0	Forbes, Bryan	Lonetree	92.2
Miller, Harry	Lonetree	126.8	Jedlicka, Brian	Solon	55.2
Staak, John	Regina	126.7	Wehmeyer, Derek	Lonetree	
Birely, Austin	Solon	125.9	Reynolds, Tyler	Lonetree	

Power Score continued

Kluda, Andy	Solon	125.8
Strang, Joe	Regina	125.7
Siddell, Rory	Solon	125.6
Barenz, Andrew	Solon	125.5
Klatt, Ryan	West	124.9
Smith, Tyler	Solon	124.6
Ratzler, Levi	Lonetree	124.6
Ries, Zach	Regina	124.4
Hackert, Lincoln	Solon	124.4
Ronan, Austin	Lonetree	124.3
Rohret, Joshua	Clear Creek Amana	123.9
James, Tim	West High	123.5
Koenn, Marshall	Solon	121.8
Weldon, Joe	Clear Creek Amana	121.3
Pike, Jay	Solon	120.8
Stewart, Ryan	West	120.2
Brenneman, Lucas	West	119.7
McKee-Crow, Alex	Mid Prairie	119.0
Dall, Colton	Solon	118.7
Gerard, Nicholas	Regina	118.4
Forbes, Logan	Lonetree	118.1
Larew, Max	Lonetree	117.0
Kroymann, Kyle	Solon	116.7
Leson, Matt	Upper Iowa College	116.2
Quigley, Jordan	Lonetree	115.6
Aldeman, David	Mid Prairie	114.3
Donovan, Bailey	Lonetree	114.2
Browning, Ali	Regina	113.8
Lance, Tim		111.9
Menzer, Ian	Lonetree	111.3
Shulista, Aaron	Solon	110.6
Yankish, Tyler	Solon	110.2
Erenberger, Tyler	Solon	109.9
Sutton, Jonathon	Lonetree	109.7
Buline, Dillon	Lonetree	109.3
Kwon, Kyamin	Lonetree	109.0
Parysz, Pat	Solon	108.2
Dall, Austin	Solon	107.4
Larew, Connor	Lonetree	107.3
Sieverting, Lucas	Lonetree	106.3
Sturgef, Spencer	Lonetree	106.3
Pulkrabek, Sam	Regina	105.7
Gibson, Colin	Lonetree	105.1
Lorack, Gabe	Lonetree	105.1
Pisarik, Paul	Solon	104.7
Donovan, Michael	Regina	102.9
Linden, Jamie	Solon	102.8
Miller, Chris	Solon	102.4
Murphy, Wyatt	Mid Prairie	101.9
Flake, Tyler	Lonetree	100.9
Asprey, Nolan	Solon	100.8
Pearson, Jake	Lonetree	100.1
Acord, Devin	Lonetree	98.9
Wehmeyer, Derek	Lonetree	97.9
Osterhaus, Ben	Regina	97.3
Moore, Alexander	Lonetree	96.8
Miller, Austin	Solon	94.6
McLaughlin, Ryan	Regina	94.4
Miller, Brendan	LaSalle Middle Sch.	94.4
Flake, Dustin	Lonetree	93.2
Shelman, James	Solon	92.5
Stumpf, Riley	Lonetree	91.2
Forbes, Bryan	Lonetree	90.2
Dodson, Andy	Lonetree	90.0
Lorack, James	Lonetree	89.3
Garcia, Noah	Lonetree	85.5
Rude, Nicholas	West	84.9
Handson, Calbert	Solon	76.8

Squat

Squat is an indicator of lower body strength and flexibility. Athletes with strong legs and good strength to body weight ratio tend to perform well in the 10 yd and pro agility tests. Lower body strength is improved with exercises such as squats, lunges, single leg squats and step-ups.

Name	School	Squa	May-09	Name	School	Squat	May-09
Morris, James	Solon	1	430	Ashton, Andy	Solon	1	420
Earles, Nicholas	Regina	1	415	Morris, James	Solon	1	415
Ashton, Andy	Solon	1	405	Butler, Logan	Solon	1	405
Thompson, Jamal	West	1	405	Constant, Andy	Solon	1	385
Constant, Andy	Solon	1	385	Constant, Evan	Solon	1	385
Constant, Evan	Solon	1	385	Sleeper, Wes	Solon	1	365
Hames, Mitchell	Regina	1	385	Brumwell, AJ	Solon	1	365
Schmidt, Andy	Wartburg College	1	375	Jedlicka, Brian	Solon	1	365
Ward, Zach	Solon	1	365	Adams, Clayton	Solon	1	355
Hackert, Quinn	Solon	1	355	Reeve, Zach	Solon	1	355
Jedlicka, Brian	Solon	1	355	Loving, Zak	Lonetree	1	350
Loveless, Derrick	Solon	1	355	Nigg, Ben	Solon	1	335
Bay, Brandon	West	1	350	Miller, Tanner	Mid Prairie	1	325
Boyt, Devlin	Regina	1	350	Klosterman, Dean	Solon	1	315
Kelsay, Matt	West	1	350	Henry, Nick	Solon	1	315
Butler, Logan	Solon	1	345	Morris, Jake	Solon	1	315
Reynolds, Tyler	Lonetree	1	345	Hanus, JJ	Solon	1	315
Sleeper, Wes	Solon	1	345	Klouda, Andy	Solon	1	315
Brumwell, AJ	Solon	1	335	Dall, Austin	Solon	1	315
Olson, Shawn	Solon	1	335	Sexton, Jacob	Lonetree	1	315
Reeve, Zach	Solon	1	335	Birely, Austin	Solon	1	315
Ries, Zach	Regina	1	335	Hora, Robert	Clear Creek Amana	1	315
Steffeny, Devyn	Solon	1	335	Prymek, Dakota	Clear Creek Amana	1	315
Arnold, Kevin	Regina	1	325	Campbell, John	West	1	305
Brimeyer, Travis	Solon	1	325	Moore, Jack	Lonetree	1	300
Loving, Zak	Lonetree	1	325	Rayner, Quinn	Lonetree	1	300
Nigg, Ben	Solon	1	325	Zeman, Lucas	Lonetree	1	295
Rudolph, Matt	Regina	1	325	Thompson, Kent	Lonetree	1	295
Birely, Austin	Solon	1	315	Ronan, Austin	Lonetree	1	295
Campbell, John	West	1	315	Winegar, Tate	Solon	1	295
Cox, Drew	Clear Creek Amana	1	315	Brugman, Sam	Solon	1	295
Halsch, Anthony	Regina	1	315	Ratzer, Levi	Lonetree	1	275
Menzer, Ezra	Lonetree	1	315	Wears, Colton	Solon	1	275
Sexton, Jacob	Lonetree	1	315	Menzer, Ezra	Lonetree	1	275
Reichelt, Jedd	Regina	1	308	Kroymann, Kyle	Solon	1	265
Thompson, Kent	Lonetree	1	305	Brown, Jacob	Solon	1	260
Fitzharns, Cole	West	1	300	Floyd, Zack	Lonetree	1	260
Hanus, JJ	Solon	1	300	Forbes, Logan	Lonetree	1	260
Schnoebelen, Andrew	Regina	1	300	Meade, Jacob	Clear Creek Amana	1	250
Hassman, Oliver	Mid Prairie	1	295	Dall, Colton	Solon	1	245
Henry, Nick	Solon	1	295	Miller, Harry	Lonetree	1	245
Klouda, Andy	Solon	1	295	Norland, Derek	West	1	225
Miller, Harry	Lonetree	1	295	Larew, Max	Lonetree	1	225
Potter, Johnny	West	1	295	Stebra, Colin	Solon	1	225
Spencer, Mark	Regina	1	295	Donovan, Bailey	Lonetree	1	225
Strang, Joe	Regina	1	295	Menzer, Ian	Lonetree	1	225
Rayner, Quinn	Lonetree	1	285	Sutton, Jonathon	Lonetree	1	225
Klosterman, Dean	Solon	1	275	Sieverting, Lucas	Lonetree	1	200
Morris, Jake	Solon	1	275	Gibson, Colin	Lonetree	1	200
Ronan, Austin	Lonetree	1	275	Stumpf, Spencer	Lonetree	1	200
Staak, John	Regina	1	275	Aldeman, David	Mid Prairie	1	195
Siddell, Rory	Solon	1	265	Sedlacek, Caleb	Clear Creek Amana	1	195
Zeman, Lucas	Lonetree	1	265	Larew, Connor	Lonetree	1	185
Hackert, Lincoln	Solon	1	260	Lorack, Gabe	Lonetree	1	185
Barenz, Andrew	Solon	1	255	Buline, Dillon	Lonetree	1	185
Gerard, Nicholas	Regina	1	255	Quigley, Jordan	Lonetree	1	185
Miller, Tanner	Mid Prairie	1	255	Shelman, James	Solon	1	175
Moore, Jackn	Lonetree	1	255	Dodson, Andy	Lonetree	1	175
Passmore, Zach	Mid Prairie	1	255	Lorack, James	Lonetree	1	155
Rohret, Joshua	Clear Creek Amana	1	255	Murphy, Wyatt	Mid Prairie	1	145
Koenn, Marshall	Solon	1	250	Flake, Dustin	Lonetree	1	125
Sherlock, Austin	West	1	250	Forbes, Bryan	Lonetree	1	100
Brown, Jacob	Solon	1	245	Stumpf, Riley	Lonetree	1	100
Forbes, Logan	Lonetree	1	245	Reynolds, Tyler	Lonetree		
Kittle, George	West	1	245	Wehmeyer, Derek	Lonetree		

Squat continued

Klatt, Ryan	West	1	245
Kroymann, Kyle	Solon	1	245
McCaffery, Patrick	Regina	1	245
Pike, Jay	Solon	1	245
Powell, Jaemin	Mid Prairie	1	245
Ratzler, Levi	Lonetree	1	245
Lehman, Braden	Regina	1	235
Sullivan, Sean	Regina	1	235
Dall, Colton	Solon	1	225
Larew, Max	Lonetree	1	225
Menzer, Ian	Lonetree	1	225
Rogers, Charlie	West High	1	225
Sutton, Jonathon	Lonetree	1	225
Westemeyer, Ross	Regina	1	225
Norland, Derek	West	1	215
Yankish, Tyler	Solon	1	215
James, Tim	West High	1	205
McKee-Crow, Alex	Mid Prairie	1	205
Shulista, Aaron	Solon	1	205
Stewart, Ryan	West	1	205
Brenneman, Lucas	West	1	200
Quigley, Jordan	Lonetree	1	195
Aldeman, David	Mid Prairie	1	185
Donovan, Bailey	Lonetree	1	185
Erenberger, Tyler	Solon	1	185
Kwon, Kyamin	Lonetree	1	185
Lance, Tim		1	185
Miller, Chris	Solon	1	185
Moore, Alexander	Lonetree	1	185
Osterhaus, Ben	Regina	1	185
Browning, Ali	Regina	1	175
Gibson, Colin	Lonetree	1	175
Larew, Connor	Lonetree	1	175
Linden, Jamie	Solon	1	175
Weldon, Joe	Clear Creek Amana	1	175
Lorack, Gabe	Lonetree	1	170
Buline, Dillon	Lonetree	1	165
Pulkrabek, Sam	Regina	1	165
Asprey, Nolan	Solon	1	155
Flake, Tyler	Lonetree	1	155
Lorack, James	Lonetree	1	155
Miller, Austin	Solon	1	155
Murphy, Wyatt	Mid Prairie	1	155
Pearson, Jake	Lonetree	1	155
Pisarik, Paul	Solon	1	155
Shelman, James	Solon	1	155
Sieverting, Lucas	Lonetree	1	155
Sturgef, Spencer	Lonetree	1	155
Donovan, Michael	Regina	1	145
Acord, Devin	Lonetree	1	135
Dodson, Andy	Lonetree	1	135
Rude, Nicholas	West	1	125
Wehmeyer, Derek	Lonetree	1	115
Garcia, Noah	Lonetree	1	105
Stumpf, Riley	Lonetree	1	105
Flake, Dustin	Lonetree	1	100
Forbes, Bryan	Lonetree	1	95
Dall, Austin	Solon		
Handson, Calbert	Solon		
Leson, Matt	Upper Iowa College		
McLaughlin, Ryan	Regina		
Miller, Brendan	LaSalle Middle Sch.		
Parysz, Pat	Solon		
Smith, Tyler	Solon		

Bench Press

The bench press is an indicator of upper body strength and power.

Name	School	Bench May 09	Name	School	Bench Aug 09
Reynolds, Tyler	Lonetree	1 325	Reynolds, Tyler	Lonetree	335
Thompson, Jamal	West	1 295	Morris, James	Solon	270
Schmidt, Andy	Wartburg College	1 280	Ashton, Andy	Solon	265
Arnold, Kevin	Regina	1 270	Prymek, Dakota	Clear Creek Amana	265
Thompson, Kent	Lonetree	1 260	Sexton, Jacob	Lonetree	260
Constant, Evan	Solon	1 255	Constant, Evan	Solon	255
Morris, James	Solon	1 255	Klosterman, Dean	Solon	255
Ashton, Andy	Solon	1 250	Constant, Andy	Solon	245
Earles, Nicholas	Regina	1 245	Miller, Tanner	Mid Prairie	245
Rudolph, Matt	Regina	1 245	Hora, Robert	Clear Creek Amana	245
Constant, Andy	Solon	1 245	Wears, Colton	Solon	240
Olson, Shawn	Solon	1 245	Brumwell, AJ	Solon	235
Smith, Tyler	Solon	1 245	Adams, Clayton	Solon	235
Steffeny, Devyn	Solon	1 245	Loving, Zak	Lonetree	235
Fitzhans, Cole	West	1 245	Thompson, Kent	Lonetree	235
Sexton, Jacob	Lonetree	1 240	Reeve, Zach	Solon	225
Hames, Mitchell	Regina	1 240	Henry, Nick	Solon	225
Hassman, Oliver	Mid Prairie	1 235	Morris, Jake	Solon	225
Ward, Zach	Solon	1 235	Birely, Austin	Solon	225
Loving, Zak	Lonetree	1 225	Campbell, John	West	225
Brimeyer, Travis	Solon	1 225	Rayner, Quinn	Lonetree	225
Henry, Nick	Solon	1 225	Brown, Jacob	Solon	225
Bay, Brandon	West	1 225	Sleeper, Wes	Solon	215
Potter, Johnny	West	1 225	Menzer, Ezra	Lonetree	215
Cox, Drew	Clear Creek Amana	1 225	Brugman, Sam	Solon	210
Halsch, Anthony	Regina	1 220	Butler, Logan	Solon	205
Reichelt, Jedd	Regina	1 220	Nigg, Ben	Solon	205
Menzer, Ezra	Lonetree	1 215	Forbes, Logan	Lonetree	205
Rayner, Quinn	Lonetree	1 215	Norland, Derek	West	205
Miller, Tanner	Mid Prairie	1 215	Moore, Jack	Lonetree	200
Birely, Austin	Solon	1 215	Zeman, Lucas	Lonetree	200
Brumwell, AJ	Solon	1 215	Kroymann, Kyle	Solon	200
Loveless, Derrick	Solon	1 215	Stebal, Colin	Solon	200
Reeve, Zach	Solon	1 215	Donovan, Bailey	Lonetree	199
Boyt, Devlin	Regina	1 210	Hanus, JJ	Solon	195
Schnoebelen, Andrew	Regina	1 210	Miller, Harry	Lonetree	195
Staak, John	Regina	1 210	Winegar, Tate	Solon	190
Strang, Joe	Regina	1 210	Ratzer, Levi	Lonetree	190
Kelsay, Matt	West	1 210	Meade, Jacob	Clear Creek Amana	180
McCaffery, Patrick	Regina	1 205	Dall, Austin	Solon	175
Brown, Jacob	Solon	1 205	Menzer, Ian	Lonetree	175
Hackert, Quinn	Solon	1 205	Klonda, Andy	Solon	170
Hanus, JJ	Solon	1 205	Ronan, Austin	Lonetree	170
Klosterman, Dean	Solon	1 205	Floyd, Zack	Lonetree	170
Morris, Jake	Solon	1 205	Aldeman, David	Mid Prairie	170
Pike, Jay	Solon	1 205	Quigley, Jordan	Lonetree	170
Sleeper, Wes	Solon	1 205	Sedlacek, Caleb	Clear Creek Amana	165
Campbell, John	West	1 205	Buline, Dillon	Lonetree	165
Rohret, Joshua	Clear Creek Amana	1 205	Stumpf, Spencer	Lonetree	160
Weldon, Joe	Clear Creek Amana	1 205	Dall, Colton	Solon	145
Ries, Zach	Regina	1 195	Murphy, Wyatt	Mid Prairie	145
Jedlicka, Brian	Solon	1 195	Sutton, Jonathon	Lonetree	140
Forbes, Logan	Lonetree	1 185	Larew, Connor	Lonetree	140
Menzer, Ian	Lonetree	1 185	Shelman, James	Solon	140
Miller, Harry	Lonetree	1 185	Larew, Max	Lonetree	135
Ratzler, Levi	Lonetree	1 185	Sieverting, Lucas	Lonetree	130
Zeman, Lucas	Lonetree	1 185	Gibson, Colin	Lonetree	130
Passmore, Zach	Mid Prairie	1 185	Lorack, Gabe	Lonetree	130
Powell, Jaemin	Mid Prairie	1 185	Wehmeyer, Derek	Lonetree	130
Spencer, Mark	Regina	1 185	Lorack, James	Lonetree	120
Kroymann, Kyle	Solon	1 185	Flake, Dustin	Lonetree	105
Yankish, Tyler	Solon	1 185	Stumpf, Riley	Lonetree	100
Norland, Derek	West	1 185	Dodson, Andy	Lonetree	95
Sherlock, Austin	West	1 185	Forbes, Bryan	Lonetree	90
Donovan, Bailey	Lonetree	1 180	Jedlicka, Brian	Solon	

Bench Press continued

Moore, Jackn	Lonetree	1	175
Barenz, Andrew	Solon	2	175
Rogers, Charlie	West High	1	175
Sullivan, Sean	Regina	1	170
Quigley, Jordan	Lonetree	1	165
Ronan, Austin	Lonetree	1	165
McKee-Crow, Alex	Mid Prairie	1	165
Hackert, Lincoln	Solon	1	165
Koenn, Marshall	Solon	1	165
Linden, Jamie	Solon	1	165
Lehman, Braden	Regina	1	160
Klatt, Ryan	West	1	160
Westemeyer, Ross	Regina	1	155
Dall, Austin	Solon	1	155
Klouda, Andy	Solon	1	155
Parysz, Pat	Solon	1	155
Shulista, Aaron	Solon	1	155
Siddell, Rory	Solon	1	155
Stewart, Ryan	West	1	155
James, Tim	West High	1	155
Aldeman, David	Mid Prairie	1	150
Buline, Dillon	Lonetree	1	149
Moore, Alexander	Lonetree	1	145
Murphy, Wyatt	Mid Prairie	1	145
Gerard, Nicholas	Regina	1	145
Handson, Calbert	Solon	1	145
Nigg, Ben	Solon	1	145
Lance, Tim		1	145
Sturgef, Spencer	Lonetree	1	140
Dall, Colton	Solon	1	140
Kwon, Kyamin	Lonetree	1	135
Erenberger, Tyler	Solon	1	135
Shelman, James	Solon	1	135
Kittle, George	West	1	135
Acord, Devin	Lonetree	1	125
Pearson, Jake	Lonetree	1	125
Sutton, Jonathon	Lonetree	1	125
Wehmeyer, Derek	Lonetree	1	125
Miller, Chris	Solon	1	125
Gibson, Colin	Lonetree	1	115
Larew, Connor	Lonetree	1	115
Larew, Max	Lonetree	1	115
Sieverting, Lucas	Lonetree	1	115
Browning, Ali	Regina	1	115
Asprey, Nolan	Solon	1	115
Pulkrabek, Sam	Regina	1	110
Brenneman, Lucas	West	1	110
Flake, Dustin	Lonetree	1	105
Lorack, Gabe	Lonetree	1	105
Lorack, James	Lonetree	1	105
Rude, Nicholas	West	1	105
Stumpf, Riley	Lonetree	1	95
Donovan, Michael	Regina	1	95
Osterhaus, Ben	Regina	1	95
Pisarik, Paul	Solon	1	95
Flake, Tyler	Lonetree	1	85
Garcia, Noah	Lonetree	1	85
Miller, Austin	Solon	1	85
Dodson, Andy	Lonetree	1	75
Forbes, Bryan	Lonetree	1	75
Miller, Brendan	LaSalle Middle Sch.		
McLaughlin, Ryan	Regina		
Butler, Logan	Solon		
Leson, Matt	Upper Iowa College		

40 yd

The 40 yd measures top running speed in a straight ahead sprint. The 40 yd is improved by improving sprint mechanics, lower body strength and power and decreasing ground contact time.

Name	School	40yd May 09	Name	School	40yd Aug 09
Morris, James	Solon	4.84	Sleeper, Wes	Solon	4.7
Sullivan, Sean	Regina	4.86	Morris, James	Solon	4.8
Rogers, Charlie	West High	4.87	Miller, Tanner	Mid Prairie	4.8
Schmidt, Andy	Wartburg College	4.88	Zeman, Lucas	Lonetree	4.92
Sleeper, Wes	Solon	4.93	Moore, Jack	Lonetree	4.96
Miller, Tanner	Mid Prairie	4.96	Klosterman, Dean	Solon	5
Ashton, Andy	Solon	4.98	Ashton, Andy	Solon	5.04
Brimeyer, Travis	Solon	4.99	Henry, Nick	Solon	5.07
Zeman, Lucas	Lonetree	5.01	Dall, Austin	Solon	5.08
Passmore, Zach	Mid Prairie	5.02	Butler, Logan	Solon	5.13
Halsch, Anthony	Regina	5.02	Jedlicka, Brian	Solon	5.13
Klosterman, Dean	Solon	5.03	Meade, Jacob	Clear Creek Amana	5.16
Parysz, Pat	Solon	5.03	Campbell, John	West	5.19
Loveless, Derrick	Solon	5.04	Brumwell, AJ	Solon	5.27
Moore, Jackn	Lonetree	5.05	Stebral, Colin	Solon	5.29
Campbell, John	West	5.05	Reeve, Zach	Solon	5.31
Ward, Zach	Solon	5.1	Adams, Clayton	Solon	5.33
Dall, Austin	Solon	5.12	Hanus, JJ	Solon	5.33
Kelsay, Matt	West	5.12	Klouda, Andy	Solon	5.33
Jedlicka, Brian	Solon	5.15	Dall, Colton	Solon	5.34
Reichelt, Jedd	Regina	5.17	Wears, Colton	Solon	5.35
Hanus, JJ	Solon	5.18	Constant, Andy	Solon	5.36
Brenneman, Lucas	West	5.18	Nigg, Ben	Solon	5.36
Steffeny, Devyn	Solon	5.19	Morris, Jake	Solon	5.37
Dall, Colton	Solon	5.2	Norland, Derek	West	5.43
Arnold, Kevin	Regina	5.21	Constant, Evan	Solon	5.44
Hackert, Lincoln	Solon	5.21	Ratzer, Levi	Lonetree	5.45
Rudolph, Matt	Regina	5.23	Larew, Max	Lonetree	5.45
Barenz, Andrew	Solon	5.24	Ronan, Austin	Lonetree	5.47
Butler, Logan	Solon	5.24	Rayner, Quinn	Lonetree	5.52
Henry, Nick	Solon	5.24	Sedlacek, Caleb	Clear Creek Amana	5.52
Smith, Tyler	Solon	5.24	Sieverting, Lucas	Lonetree	5.53
Thompson, Jamal	West	5.24	Larew, Connor	Lonetree	5.56
Reeve, Zach	Solon	5.25	Miller, Harry	Lonetree	5.58
Kittle, George	West	5.25	Thompson, Kent	Lonetree	5.61
Norland, Derek	West	5.25	Sexton, Jacob	Lonetree	5.62
Ronan, Austin	Lonetree	5.28	Buline, Dillon	Lonetree	5.62
Siddell, Rory	Solon	5.28	Gibson, Colin	Lonetree	5.68
Fitzharns, Cole	West	5.28	Brown, Jacob	Solon	5.7
Hackert, Quinn	Solon	5.29	Donovan, Bailey	Lonetree	5.71
Powell, Jaemin	Mid Prairie	5.31	Aldeman, David	Mid Prairie	5.71
Weldon, Joe	Clear Creek Amana	5.31	Winegar, Tate	Solon	5.72
Lehman, Braden	Regina	5.32	Shelman, James	Solon	5.72
Leson, Matt	Upper Iowa College	5.34	Lorack, Gabe	Lonetree	5.77
Morris, Jake	Solon	5.35	Stumpf, Spencer	Lonetree	5.78
Klatt, Ryan	West	5.35	Wehmeyer, Derek	Lonetree	5.78
Brumwell, AJ	Solon	5.36	Reynolds, Tyler	Lonetree	5.8
Constant, Andy	Solon	5.36	Kroymann, Kyle	Solon	5.8
McCaffery, Patrick	Regina	5.38	Hora, Robert	Clear Creek Amana	5.84
Westemeyer, Ross	Regina	5.38	Loving, Zak	Lonetree	5.88
Miller, Brendan	LaSalle Middle Sch.	5.39	Murphy, Wyatt	Mid Prairie	5.89
Nigg, Ben	Solon	5.39	Forbes, Bryan	Lonetree	5.9
McLaughlin, Ryan	Regina	5.4	Quigley, Jordan	Lonetree	5.94
Boyt, Devlin	Regina	5.41	Flake, Dustin	Lonetree	5.94
Rohret, Joshua	Clear Creek Amana	5.41	Floyd, Zack	Lonetree	5.96
Hames, Mitchell	Regina	5.42	Menzer, Ezra	Lonetree	5.99
Shulista, Aaron	Solon	5.42	Prymek, Dakota	Clear Creek Amana	6.03
Aldeman, David	Mid Prairie	5.43	Forbes, Logan	Lonetree	6.04
Klouda, Andy	Solon	5.43	Stumpf, Riley	Lonetree	6.04
Olson, Shawn	Solon	5.43	Dodson, Andy	Lonetree	6.12
Ratzler, Levi	Lonetree	5.44	Sutton, Jonathon	Lonetree	6.14
Sexton, Jacob	Lonetree	5.44	Birely, Austin	Solon	6.24
Spencer, Mark	Regina	5.45	Menzer, Ian	Lonetree	6.4
Constant, Evan	Solon	5.46	Brugman, Sam	Solon	6.68
Koenn, Marshall	Solon	5.46	Lorack, James	Lonetree	6.94

40 yd continued

Potter, Johnny	West	5.46
Bay, Brandon	West	5.47
James, Tim	West High	5.48
Larew, Max	Lonetree	5.49
Thompson, Kent	Lonetree	5.49
Handson, Calbert	Solon	5.5
Lance, Tim		5.54
Browning, Ali	Regina	5.56
Murphy, Wyatt	Mid Prairie	5.58
McKee-Crow, Alex	Mid Prairie	5.59
Cox, Drew	Clear Creek Amana	5.59
Pisarik, Paul	Solon	5.6
Larew, Connor	Lonetree	5.61
Gibson, Colin	Lonetree	5.62
Sieverting, Lucas	Lonetree	5.62
Acord, Devin	Lonetree	5.63
Quigley, Jordan	Lonetree	5.63
Stewart, Ryan	West	5.65
Reynolds, Tyler	Lonetree	5.67
Kwon, Kyamin	Lonetree	5.68
Donovan, Michael	Regina	5.68
Sherlock, Austin	West	5.69
Lorack, Gabe	Lonetree	5.7
Shelman, James	Solon	5.7
Buline, Dillon	Lonetree	5.71
Wehmeyer, Derek	Lonetree	5.73
Loving, Zak	Lonetree	5.74
Rayner, Quinn	Lonetree	5.74
Miller, Harry	Lonetree	5.75
Kroymann, Kyle	Solon	5.75
Brown, Jacob	Solon	5.76
Hassman, Oliver	Mid Prairie	5.77
Schnoebelen, Andrew	Regina	5.81
Donovan, Bailey	Lonetree	5.83
Sturgef, Spencer	Lonetree	5.84
Erenberger, Tyler	Solon	5.84
Earles, Nicholas	Regina	5.86
Gerard, Nicholas	Regina	5.91
Menzer, Ezra	Lonetree	5.92
Stumpf, Riley	Lonetree	5.92
Asprey, Nolan	Solon	5.92
Flake, Tyler	Lonetree	5.94
Sutton, Jonathon	Lonetree	5.94
Staak, John	Regina	5.94
Forbes, Bryan	Lonetree	5.96
Ries, Zach	Regina	5.99
Linden, Jamie	Solon	6
Flake, Dustin	Lonetree	6.01
Pike, Jay	Solon	6.02
Forbes, Logan	Lonetree	6.03
Pulkrabek, Sam	Regina	6.06
Yankish, Tyler	Solon	6.09
Miller, Austin	Solon	6.13
Pearson, Jake	Lonetree	6.2
Dodson, Andy	Lonetree	6.3
Garcia, Noah	Lonetree	6.33
Menzer, Ian	Lonetree	6.42
Birely, Austin	Solon	6.42
Miller, Chris	Solon	6.45
Osterhaus, Ben	Regina	6.52
Strang, Joe	Regina	7.02
Rude, Nicholas	West	7.02
Lorack, James	Lonetree	7.04
Moore, Alexander	Lonetree	7.09

10 yd

The ten yard dash is a measure of your ability to quickly accelerate, or increase running speed. Rarely in team sports do athletes run long enough to achieve top running speed. The 10 yd is a good indicator of which athletes will be fast on the field. The 10 yd time is improved by improving lower body strength, power and running mechanics.

Name	School	10yd May 09	Name	School	10yd Aug 09
Schmidt, Andy	Wartburg College	1.7	Sleeper, Wes	Solon	1.6
Sullivan, Sean	Regina	1.71	Miller, Tanner	Mid Prairie	1.68
Dall, Colton	Solon	1.73	Morris, James	Solon	1.69
Rudolph, Matt	Regina	1.74	Moore, Jack	Lonetree	1.71
Morris, James	Solon	1.74	Zeman, Lucas	Lonetree	1.73
Steffeny, Devyn	Solon	1.74	Klosterman, Dean	Solon	1.76
Miller, Tanner	Mid Prairie	1.75	Henry, Nick	Solon	1.77
Rogers, Charlie	West High	1.75	Butler, Logan	Solon	1.78
Halsch, Anthony	Regina	1.76	Meade, Jacob	Clear Creek Amana	1.79
Hackert, Lincoln	Solon	1.76	Reeve, Zach	Solon	1.8
Klosterman, Dean	Solon	1.77	Ashton, Andy	Solon	1.82
Parysz, Pat	Solon	1.77	Hanus, JJ	Solon	1.82
Sleeper, Wes	Solon	1.77	Nigg, Ben	Solon	1.82
Ashton, Andy	Solon	1.78	Norland, Derek	West	1.82
Zeman, Lucas	Lonetree	1.79	Ratzer, Levi	Lonetree	1.82
Aldeman, David	Mid Prairie	1.79	Dall, Austin	Solon	1.84
Reeve, Zach	Solon	1.79	Jedlicka, Brian	Solon	1.84
Brimeyer, Travis	Solon	1.8	Campbell, John	West	1.84
Henry, Nick	Solon	1.8	Brumwell, AJ	Solon	1.85
Norland, Derek	West	1.8	Klouda, Andy	Solon	1.85
Moore, Jackn	Lonetree	1.81	Morris, Jake	Solon	1.85
Morris, Jake	Solon	1.81	Wears, Colton	Solon	1.86
Butler, Logan	Solon	1.82	Rayner, Quinn	Lonetree	1.86
Jedlicka, Brian	Solon	1.82	Sieverting, Lucas	Lonetree	1.86
Leson, Matt	Upper Iowa College	1.82	Constant, Andy	Solon	1.88
Passmore, Zach	Mid Prairie	1.83	Stebal, Colin	Solon	1.9
Hackert, Quinn	Solon	1.83	Dall, Colton	Solon	1.9
Smith, Tyler	Solon	1.83	Buline, Dillon	Lonetree	1.9
Thompson, Jamal	West	1.83	Constant, Evan	Solon	1.91
Weldon, Joe	Clear Creek Amana	1.83	Larew, Max	Lonetree	1.91
Barenz, Andrew	Solon	1.84	Larew, Connor	Lonetree	1.91
Hanus, JJ	Solon	1.84	Gibson, Colin	Lonetree	1.91
Kelsay, Matt	West	1.84	Ronan, Austin	Lonetree	1.92
Dall, Austin	Solon	1.85	Thompson, Kent	Lonetree	1.92
Ward, Zach	Solon	1.85	Miller, Harry	Lonetree	1.93
Lehman, Braden	Regina	1.86	Aldeman, David	Mid Prairie	1.94
Reichelt, Jedd	Regina	1.86	Sexton, Jacob	Lonetree	1.95
Westemeyer, Ross	Regina	1.86	Sedlacek, Caleb	Clear Creek Amana	1.97
Loveless, Derrick	Solon	1.86	Shelman, James	Solon	1.97
Nigg, Ben	Solon	1.86	Adams, Clayton	Solon	1.98
Bay, Brandon	West	1.86	Lorack, Gabe	Lonetree	1.98
Campbell, John	West	1.86	Donovan, Bailey	Lonetree	1.99
Miller, Brendan	LaSalle Middle Sch.	1.87	Dodson, Andy	Lonetree	1.99
Sieverting, Lucas	Lonetree	1.87	Brown, Jacob	Solon	2
McCaffery, Patrick	Regina	1.87	Forbes, Bryan	Lonetree	2
Siddell, Rory	Solon	1.87	Stumpf, Riley	Lonetree	2.01
Kittle, George	West	1.87	Wehmeyer, Derek	Lonetree	2.02
Ronan, Austin	Lonetree	1.88	Hora, Robert	Clear Creek Amana	2.02
Arnold, Kevin	Regina	1.88	Loving, Zak	Lonetree	2.02
Brumwell, AJ	Solon	1.88	Stumpf, Spencer	Lonetree	2.03
Shulista, Aaron	Solon	1.88	Kroymann, Kyle	Solon	2.03
Brenneman, Lucas	West	1.88	Murphy, Wyatt	Mid Prairie	2.03
Ratzler, Levi	Lonetree	1.89	Winegar, Tate	Solon	2.04
Browning, Ali	Regina	1.89	Reynolds, Tyler	Lonetree	2.04
McLaughlin, Ryan	Regina	1.89	Quigley, Jordan	Lonetree	2.05
Constant, Andy	Solon	1.89	Prymek, Dakota	Clear Creek Amana	2.07
Klouda, Andy	Solon	1.89	Flake, Dustin	Lonetree	2.1
Klatt, Ryan	West	1.89	Menzer, Ezra	Lonetree	2.1
Potter, Johnny	West	1.89	Birely, Austin	Solon	2.1
Rohret, Joshua	Clear Creek Amana	1.89	Forbes, Logan	Lonetree	2.11
Larew, Max	Lonetree	1.9	Floyd, Zack	Lonetree	2.14
Murphy, Wyatt	Mid Prairie	1.91	Sutton, Jonathon	Lonetree	2.14
Powell, Jaemin	Mid Prairie	1.91	Menzer, Ian	Lonetree	2.17
Boyt, Devlin	Regina	1.91	Lorack, James	Lonetree	2.29
Spencer, Mark	Regina	1.91	Brugman, Sam	Solon	2.32

10 yd continued

Olson, Shawn	Solon	1.91
Fitzharns, Cole	West	1.91
James, Tim	West High	1.91
Sexton, Jacob	Lonetree	1.92
Cox, Drew	Clear Creek Amana	1.92
Lorack, Gabe	Lonetree	1.93
Rayner, Quinn	Lonetree	1.93
Thompson, Kent	Lonetree	1.94
Lance, Tim		1.94
Larew, Connor	Lonetree	1.95
Koenn, Marshall	Solon	1.95
Buline, Dillon	Lonetree	1.96
Donovan, Michael	Regina	1.96
Hames, Mitchell	Regina	1.96
Constant, Evan	Solon	1.96
Stewart, Ryan	West	1.96
Shelman, James	Solon	1.98
Sherlock, Austin	West	1.98
Acord, Devin	Lonetree	1.99
Loving, Zak	Lonetree	1.99
Quigley, Jordan	Lonetree	1.99
Gibson, Colin	Lonetree	2
McKee-Crow, Alex	Mid Prairie	2
Hassman, Oliver	Mid Prairie	2.01
Forbes, Bryan	Lonetree	2.02
Handson, Calbert	Solon	2.02
Kroymann, Kyle	Solon	2.02
Reynolds, Tyler	Lonetree	2.03
Miller, Harry	Lonetree	2.04
Wehmeyer, Derek	Lonetree	2.04
Asprey, Nolan	Solon	2.04
Brown, Jacob	Solon	2.04
Erenberger, Tyler	Solon	2.04
Kwon, Kyamin	Lonetree	2.05
Flake, Tyler	Lonetree	2.06
Gerard, Nicholas	Regina	2.07
Ries, Zach	Regina	2.07
Schnoebelen, Andrew	Regina	2.07
Staak, John	Regina	2.07
Pisarik, Paul	Solon	2.08
Donovan, Bailey	Lonetree	2.09
Earles, Nicholas	Regina	2.09
Stumpf, Riley	Lonetree	2.1
Pulkrabek, Sam	Regina	2.1
Pike, Jay	Solon	2.1
Menzer, Ezra	Lonetree	2.11
Dodson, Andy	Lonetree	2.13
Flake, Dustin	Lonetree	2.13
Sutton, Jonathon	Lonetree	2.13
Osterhaus, Ben	Regina	2.13
Forbes, Logan	Lonetree	2.14
Pearson, Jake	Lonetree	2.14
Sturgef, Spencer	Lonetree	2.14
Miller, Austin	Solon	2.14
Yankish, Tyler	Solon	2.16
Menzer, Ian	Lonetree	2.18
Linden, Jamie	Solon	2.18
Garcia, Noah	Lonetree	2.19
Birely, Austin	Solon	2.25
Miller, Chris	Solon	2.27
Lorack, James	Lonetree	2.3
Rude, Nicholas	West	2.3
Strang, Joe	Regina	2.39
Moore, Alexander	Lonetree	2.43

Pro Agility

The Pro agility measures change of direction ability and quickness. Team sports require frequent starts and stops in movement. The pro agility is a good indicator of which athletes will be fast on the field.

The pro agility is improved by improving change of direction mechanics, lower body strength and rate of force development.

Name	School	Time May 09	Name	School	Time Aug 09
Miller, Tanner	Mid Prairie	4.31	Miller, Tanner	Mid Prairie	4.32
Sullivan, Sean	Regina	4.45	Morris, James	Solon	4.35
Kittle, George	West	4.45	Butler, Logan	Solon	4.45
Passmore, Zach	Mid Prairie	4.5	Ashton, Andy	Solon	4.45
Ashton, Andy	Solon	4.51	Jedlicka, Brian	Solon	4.53
Morris, James	Solon	4.51	Moore, Jack	Lonetree	4.56
Jedlicka, Brian	Solon	4.52	Henry, Nick	Solon	4.57
Parysz, Pat	Solon	4.52	Nigg, Ben	Solon	4.57
Arnold, Kevin	Regina	4.56	Sleeper, Wes	Solon	4.58
Moore, Jackn	Lonetree	4.57	Reeve, Zach	Solon	4.64
Boyt, Devlin	Regina	4.57	Brown, Jacob	Solon	4.69
Nigg, Ben	Solon	4.57	Campbell, John	West	4.71
Reeve, Zach	Solon	4.57	Buline, Dillon	Lonetree	4.71
Dall, Colton	Solon	4.58	Dall, Austin	Solon	4.72
Ward, Zach	Solon	4.6	Klosterman, Dean	Solon	4.75
Leson, Matt	Upper Iowa College	4.62	Ratzer, Levi	Lonetree	4.75
Loveless, Derrick	Solon	4.63	Zeman, Lucas	Lonetree	4.76
Rogers, Charlie	West High	4.63	Adams, Clayton	Solon	4.76
Rudolph, Matt	Regina	4.64	Klouda, Andy	Solon	4.77
Kelsay, Matt	West	4.64	Morris, Jake	Solon	4.78
James, Tim	West High	4.64	Constant, Evan	Solon	4.78
Zeman, Lucas	Lonetree	4.65	Dall, Colton	Solon	4.79
Powell, Jaemin	Mid Prairie	4.65	Meade, Jacob	Clear Creek Amana	4.81
Brimeyer, Travis	Solon	4.67	Hanus, JJ	Solon	4.81
Ratzler, Levi	Lonetree	4.68	Ronan, Austin	Lonetree	4.82
Spencer, Mark	Regina	4.68	Lorack, Gabe	Lonetree	4.83
Sleeper, Wes	Solon	4.69	Norland, Derek	West	4.89
Thompson, Jamal	West	4.69	Constant, Andy	Solon	4.94
Hackert, Lincoln	Solon	4.7	Stebal, Colin	Solon	4.94
Klosterman, Dean	Solon	4.7	Winegar, Tate	Solon	4.94
Morris, Jake	Solon	4.7	Brumwell, AJ	Solon	4.96
Reichelt, Jedd	Regina	4.71	Larew, Connor	Lonetree	4.97
Henry, Nick	Solon	4.71	Larew, Max	Lonetree	5.02
Schmidt, Andy	Wartburg College	4.71	Loving, Zak	Lonetree	5.03
Klatt, Ryan	West	4.71	Murphy, Wyatt	Mid Prairie	5.03
Hanus, JJ	Solon	4.72	Aldeman, David	Mid Prairie	5.07
Norland, Derek	West	4.72	Kroymann, Kyle	Solon	5.07
Westemeyer, Ross	Regina	4.74	Donovan, Bailey	Lonetree	5.08
Dall, Austin	Solon	4.75	Gibson, Colin	Lonetree	5.09
Donovan, Michael	Regina	4.76	Thompson, Kent	Lonetree	5.09
Halsch, Anthony	Regina	4.76	Shelman, James	Solon	5.09
Constant, Andy	Solon	4.76	Floyd, Zack	Lonetree	5.09
Brumwell, AJ	Solon	4.77	Wears, Colton	Solon	5.12
Larew, Connor	Lonetree	4.78	Sedlacek, Caleb	Clear Creek Amana	5.12
Murphy, Wyatt	Mid Prairie	4.78	Stumpf, Spencer	Lonetree	5.13
Ronan, Austin	Lonetree	4.81	Sieverting, Lucas	Lonetree	5.15
Butler, Logan	Solon	4.81	Miller, Harry	Lonetree	5.15
Miller, Brendan	LaSalle Middle Sch.	4.82	Dodson, Andy	Lonetree	5.2
Constant, Evan	Solon	4.82	Rayner, Quinn	Lonetree	5.22
Steffeny, Devyn	Solon	4.82	Quigley, Jordan	Lonetree	5.25
Lance, Tim		4.82	Prymek, Dakota	Clear Creek Amana	5.25
Brown, Jacob	Solon	4.83	Hora, Robert	Clear Creek Amana	5.32
Siddell, Rory	Solon	4.83	Forbes, Logan	Lonetree	5.34
Brenneman, Lucas	West	4.83	Sutton, Jonathon	Lonetree	5.34
Lorack, Gabe	Lonetree	4.84	Menzer, Ian	Lonetree	5.37
Sieverting, Lucas	Lonetree	4.84	Sexton, Jacob	Lonetree	5.38
Thompson, Kent	Lonetree	4.84	Menzer, Ezra	Lonetree	5.4
Koenn, Marshall	Solon	4.84	Forbes, Bryan	Lonetree	5.44
Rohret, Joshua	Clear Creek Amana	4.84	Stumpf, Riley	Lonetree	5.46
Buline, Dillon	Lonetree	4.87	Wehmeyer, Derek	Lonetree	5.46
Olson, Shawn	Solon	4.87	Flake, Dustin	Lonetree	5.64
Rayner, Quinn	Lonetree	4.89	Birely, Austin	Solon	5.66
Bay, Brandon	West	4.89	Brugman, Sam	Solon	5.7
McKee-Crow, Alex	Mid Prairie	4.9	Lorack, James	Lonetree	5.84
McLaughlin, Ryan	Regina	4.9	Reynolds, Tyler	Lonetree	

Pro Agility continued

Hackert, Quinn	Solon	4.9
Shulista, Aaron	Solon	4.9
Sherlock, Austin	West	4.91
Erenberger, Tyler	Solon	4.94
Klouda, Andy	Solon	4.94
Weldon, Joe	Clear Creek Amana	4.94
Loving, Zak	Lonetree	4.95
Barenz, Andrew	Solon	4.95
Kroymann, Kyle	Solon	4.95
Larew, Max	Lonetree	4.96
Hassman, Oliver	Mid Prairie	4.96
Campbell, John	West	4.96
Browning, Ali	Regina	4.97
Stewart, Ryan	West	5
Shelman, James	Solon	5.02
Lehman, Braden	Regina	5.03
McCaffery, Patrick	Regina	5.03
Menzer, Ezra	Lonetree	5.06
Hames, Mitchell	Regina	5.07
Handson, Calbert	Solon	5.07
Smith, Tyler	Solon	5.07
Kwon, Kyamin	Lonetree	5.08
Gibson, Colin	Lonetree	5.09
Reynolds, Tyler	Lonetree	5.09
Fitzhans, Cole	West	5.09
Potter, Johnny	West	5.12
Asprey, Nolan	Solon	5.13
Cox, Drew	Clear Creek Amana	5.13
Quigley, Jordan	Lonetree	5.14
Sexton, Jacob	Lonetree	5.14
Sturgef, Spencer	Lonetree	5.14
Wehmeyer, Derek	Lonetree	5.14
Gerard, Nicholas	Regina	5.14
Linden, Jamie	Solon	5.14
Donovan, Bailey	Lonetree	5.19
Schnoebelen, Andrew	Regina	5.19
Miller, Harry	Lonetree	5.21
Ries, Zach	Regina	5.22
Pisarik, Paul	Solon	5.22
Acord, Devin	Lonetree	5.25
Yankish, Tyler	Solon	5.25
Forbes, Bryan	Lonetree	5.26
Forbes, Logan	Lonetree	5.27
Staaak, John	Regina	5.27
Aldeman, David	Mid Prairie	5.28
Stumpf, Riley	Lonetree	5.32
Osterhaus, Ben	Regina	5.32
Dodson, Andy	Lonetree	5.38
Flake, Tyler	Lonetree	5.39
Miller, Austin	Solon	5.42
Pike, Jay	Solon	5.43
Menzer, Ian	Lonetree	5.44
Garcia, Noah	Lonetree	5.5
Birely, Austin	Solon	5.5
Sutton, Jonathon	Lonetree	5.57
Pulkrabek, Sam	Regina	5.57
Earles, Nicholas	Regina	5.58
Flake, Dustin	Lonetree	5.63
Pearson, Jake	Lonetree	5.65
Miller, Chris	Solon	5.74
Lorack, James	Lonetree	5.88
Strang, Joe	Regina	5.9
Rude, Nicholas	West	5.94
Moore, Alexander	Lonetree	6.07

Broad Jump

Broad Jump is an expression of lower body horizontal power and explosiveness in a single effort. The broad jump is improved by training with olympic lifts, plyometrics and lower body strength exercises.

Name	School	Inches May 09	Name	School	Inches Aug 09
Morris, James	Solon	120	Morris, James	Solon	124.5
Miller, Tanner	Mid Prairie	117.5	Miller, Tanner	Mid Prairie	119
Loveless, Derrick	Solon	117	Sleeper, Wes	Solon	116.5
Sleeper, Wes	Solon	114.5	Klosterman, Dean	Solon	111.5
Brimeyer, Travis	Solon	112	Ashton, Andy	Solon	110.5
Ward, Zach	Solon	110	Meade, Jacob	Clear Creek Amana	109
Smith, Tyler	Solon	107	Henry, Nick	Solon	106.5
Kittle, George	West	107	Butler, Logan	Solon	105
Rogers, Charlie	West High	107	Moore, Jack	Lonetree	105
Kelsay, Matt	West	106.5	Morris, Jake	Solon	104
Campbell, John	West	106	Campbell, John	West	103
Passmore, Zach	Mid Prairie	105	Zeman, Lucas	Lonetree	101.5
Halsch, Anthony	Regina	105	Adams, Clayton	Solon	101.5
Morris, Jake	Solon	105	Stebal, Colin	Solon	101
Klosterman, Dean	Solon	104.5	Nigg, Ben	Solon	100
Schmidt, Andy	Wartburg College	104.5	Reeve, Zach	Solon	99
Powell, Jaemin	Mid Prairie	104	Constant, Andy	Solon	99
Ashton, Andy	Solon	104	Brown, Jacob	Solon	98.5
Sherlock, Austin	West	104	Brumwell, AJ	Solon	98.5
Moore, Jackn	Lonetree	103	Jedlicka, Brian	Solon	96
Siddell, Rory	Solon	102.5	Klouda, Andy	Solon	96
Sullivan, Sean	Regina	101.5	Norland, Derek	West	96
Butler, Logan	Solon	101	Hanus, JJ	Solon	95.5
Steffeny, Devyn	Solon	100	Dall, Austin	Solon	95
Leson, Matt	Upper Iowa College	100	Constant, Evan	Solon	95
Norland, Derek	West	100	Ronan, Austin	Lonetree	95
Zeman, Lucas	Lonetree	99.5	Larew, Max	Lonetree	95
Hackert, Quinn	Solon	99	Loving, Zak	Lonetree	94
Henry, Nick	Solon	99	Thompson, Kent	Lonetree	94
Parysz, Pat	Solon	99	Rayner, Quinn	Lonetree	94
Ronan, Austin	Lonetree	98.5	Wears, Colton	Solon	93.5
Brenneman, Lucas	West	98.5	Dall, Colton	Solon	92
McKee-Crow, Alex	Mid Prairie	98	Aldeman, David	Mid Prairie	92
Westemeyer, Ross	Regina	98	Buline, Dillon	Lonetree	91
Dall, Austin	Solon	98	Ratzer, Levi	Lonetree	90
Reeve, Zach	Solon	98	Sieverting, Lucas	Lonetree	90
Constant, Evan	Solon	97	Larew, Connor	Lonetree	89.5
Jedlicka, Brian	Solon	97	Kroymann, Kyle	Solon	89.5
Koenn, Marshall	Solon	97	Lorack, Gabe	Lonetree	86
Thompson, Jamal	West	96.5	Winegar, Tate	Solon	86
Brumwell, AJ	Solon	96	Stumpf, Spencer	Lonetree	86
Constant, Andy	Solon	96	Shelman, James	Solon	85.5
Nigg, Ben	Solon	95.5	Menzer, Ezra	Lonetree	84.5
Thompson, Kent	Lonetree	95	Sedlacek, Caleb	Clear Creek Amana	84
Reichelt, Jedd	Regina	95	Murphy, Wyatt	Mid Prairie	81.5
Klouda, Andy	Solon	95	Gibson, Colin	Lonetree	81
Klatt, Ryan	West	95	Forbes, Bryan	Lonetree	81
Bay, Brandon	West	94.5	Birely, Austin	Solon	81
Rohret, Joshua	Clear Creek Amana	94.5	Floyd, Zack	Lonetree	80
Olson, Shawn	Solon	94	Dodson, Andy	Lonetree	80
Donovan, Michael	Regina	93.5	Stumpf, Riley	Lonetree	80
Hackert, Lincoln	Solon	93	Quigley, Jordan	Lonetree	79.5
Hanus, JJ	Solon	93	Sexton, Jacob	Lonetree	79.5
Lance, Tim		93	Forbes, Logan	Lonetree	77.5
Aldeman, David	Mid Prairie	92	Hora, Robert	Clear Creek Amana	77
Brown, Jacob	Solon	92	Menzer, Ian	Lonetree	74.5
Larew, Max	Lonetree	91.5	Wehmeyer, Derek	Lonetree	74.5
Loving, Zak	Lonetree	91	Brugman, Sam	Solon	74.5
Rayner, Quinn	Lonetree	90	Prymek, Dakota	Clear Creek Amana	74
Boyt, Devlin	Regina	90	Miller, Harry	Lonetree	73.5
Barenz, Andrew	Solon	89.5	Donovan, Bailey	Lonetree	72
Cox, Drew	Clear Creek Amana	89.5	Flake, Dustin	Lonetree	72
McCaffery, Patrick	Regina	89	Sutton, Jonathon	Lonetree	69
Erenberger, Tyler	Solon	89	Lorack, James	Lonetree	62.5
James, Tim	West High	88.5	Reynolds, Tyler	Lonetree	

Broad Jump continued

Buline, Dillon	Lonetree	88
Spencer, Mark	Regina	88
Ratzler, Levi	Lonetree	87.5
Hassman, Oliver	Mid Prairie	87.5
Gerard, Nicholas	Regina	87.5
Lehman, Braden	Regina	87.5
Rudolph, Matt	Regina	87.5
Larew, Connor	Lonetree	87
Sieverting, Lucas	Lonetree	87
Shulista, Aaron	Solon	87
McLaughlin, Ryan	Regina	86.5
Acord, Devin	Lonetree	86
Asprey, Nolan	Solon	86
Dall, Colton	Solon	86
Miller, Brendan	LaSalle Middle Sch.	85
Gibson, Colin	Lonetree	85
Lorack, Gabe	Lonetree	85
Menzer, Ezra	Lonetree	85
Sexton, Jacob	Lonetree	85
Sturgef, Spencer	Lonetree	85
Hames, Mitchell	Regina	85
Browning, Ali	Regina	84.5
Potter, Johnny	West	84.5
Reynolds, Tyler	Lonetree	84
Kroymann, Kyle	Solon	84
Stewart, Ryan	West	84
Forbes, Bryan	Lonetree	83.5
Miller, Harry	Lonetree	83
Weldon, Joe	Clear Creek Amana	82.5
Stumpf, Riley	Lonetree	82
Pisarik, Paul	Solon	82
Quigley, Jordan	Lonetree	81.5
Murphy, Wyatt	Mid Prairie	81
Fitzhans, Cole	West	81
Flake, Tyler	Lonetree	80
Birely, Austin	Solon	80
Forbes, Logan	Lonetree	79.5
Pulkrabek, Sam	Regina	79.5
Kwon, Kyamin	Lonetree	79
Earles, Nicholas	Regina	79
Pike, Jay	Solon	79
Schnoebelen, Andrew	Regina	78.5
Dodson, Andy	Lonetree	78
Miller, Austin	Solon	77.5
Pearson, Jake	Lonetree	77
Staak, John	Regina	77
Ries, Zach	Regina	76
Arnold, Kevin	Regina	75.5
Donovan, Bailey	Lonetree	75
Wehmeyer, Derek	Lonetree	75
Linden, Jamie	Solon	75
Flake, Dustin	Lonetree	74.5
Yankish, Tyler	Solon	72
Menzer, Ian	Lonetree	71.5
Osterhaus, Ben	Regina	70
Miller, Chris	Solon	68
Sutton, Jonathon	Lonetree	67
Garcia, Noah	Lonetree	64
Moore, Alexander	Lonetree	64
Strang, Joe	Regina	59
Lorack, James	Lonetree	57.5
Rude, Nicholas	West	55
Shelman, James	Solon	21.5
Handson, Calbert	Solon	

Vertical Jump

Vertical jump is an expression of lower body vertical power and explosiveness in a single effort. The vertical jump is improved by training with olympic lifts, plyometrics and lower body strength exercises.

Name	School	VJ May 09	Name	School	VJ May 09
Morris, James	Solon	31.5	Morris, James	Solon	33
Sleeper, Wes	Solon	31.5	Miller, Tanner	Mid Prairie	32.5
Loveless, Derrick	Solon	30.5	Sleeper, Wes	Solon	31
Miller, Tanner	Mid Prairie	29.5	Klosterman, Dean	Solon	30
Passmore, Zach	Mid Prairie	29	Ashton, Andy	Solon	27
Schmidt, Andy	Wartburg College	29	Campbell, John	West	27
Klosterman, Dean	Solon	28.5	Adams, Clayton	Solon	26
Halsch, Anthony	Regina	28	Meade, Jacob	Clear Creek Amana	25.5
Ward, Zach	Solon	28	Butler, Logan	Solon	25.5
Brimeyer, Travis	Solon	27.5	Constant, Andy	Solon	25.5
Sullivan, Sean	Regina	27	Henry, Nick	Solon	25
Brenneman, Lucas	West	27	Larew, Max	Lonetree	25
Ashton, Andy	Solon	26.58	Moore, Jack	Lonetree	24.5
Campbell, John	West	26.5	Dall, Austin	Solon	24.5
Siddell, Rory	Solon	26	Thompson, Kent	Lonetree	24.5
Kelsay, Matt	West	26	Stebal, Colin	Solon	24
Kittle, George	West	26	Morris, Jake	Solon	23.5
Thompson, Kent	Lonetree	25.5	Klouda, Andy	Solon	23.5
Constant, Andy	Solon	25.5	Hanus, JJ	Solon	23.5
Rogers, Charlie	West High	25.5	Loving, Zak	Lonetree	23.5
Butler, Logan	Solon	25	Brown, Jacob	Solon	23
Bay, Brandon	West	25	Constant, Evan	Solon	23
Moore, Jackn	Lonetree	24.5	Ratzer, Levi	Lonetree	23
Reichelt, Jedd	Regina	24.5	Nigg, Ben	Solon	22.5
Westemeyer, Ross	Regina	24.5	Lorack, Gabe	Lonetree	22.5
Hanus, JJ	Solon	24.5	Shelman, James	Solon	22.5
Klouda, Andy	Solon	24.5	Zeman, Lucas	Lonetree	22
Smith, Tyler	Solon	24.5	Reeve, Zach	Solon	22
Rohret, Joshua	Clear Creek Amana	24.5	Dall, Colton	Solon	22
Barenz, Andrew	Solon	24	Buline, Dillon	Lonetree	22
Loving, Zak	Lonetree	24	Brumwell, AJ	Solon	21.5
Ratzler, Levi	Lonetree	24	Jedlicka, Brian	Solon	21.5
Powell, Jaemin	Mid Prairie	24	Norland, Derek	West	21.5
Hames, Mitchell	Regina	24	Wears, Colton	Solon	21.5
Hackert, Quinn	Solon	24	Reynolds, Tyler	Lonetree	21.5
Henry, Nick	Solon	24	Ronan, Austin	Lonetree	21
Koenn, Marshall	Solon	24	Larew, Connor	Lonetree	21
Reynolds, Tyler	Lonetree	23.5	Kroymann, Kyle	Solon	21
Arnold, Kevin	Regina	23.5	Rayner, Quinn	Lonetree	20.5
Constant, Evan	Solon	23.5	Gibson, Colin	Lonetree	20.5
Dall, Austin	Solon	23.5	Prymek, Dakota	Clear Creek Amana	20.5
Steffeny, Devyn	Solon	23.5	Sieverting, Lucas	Lonetree	20
Klatt, Ryan	West	23.5	Sedlacek, Caleb	Clear Creek Amana	20
Weldon, Joe	Clear Creek Amana	23.5	Forbes, Bryan	Lonetree	20
Lehman, Braden	Regina	23	Aldeman, David	Mid Prairie	19.5
Rudolph, Matt	Regina	23	Birely, Austin	Solon	19.5
Jedlicka, Brian	Solon	23	Dodson, Andy	Lonetree	19.5
Morris, Jake	Solon	23	Sexton, Jacob	Lonetree	19.5
Pisarik, Paul	Solon	23	Wehmeyer, Derek	Lonetree	19.5
Leson, Matt	Upper Iowa College	23	Floyd, Zack	Lonetree	18.5
Potter, Johnny	West	23	Stumpf, Riley	Lonetree	18.5
Stewart, Ryan	West	23	Miller, Harry	Lonetree	18.5
Thompson, Jamal	West	23	Stumpf, Spencer	Lonetree	18
Boyt, Devlin	Regina	22.5	Quigley, Jordan	Lonetree	18
Reeve, Zach	Solon	22.5	Donovan, Bailey	Lonetree	18
Norland, Derek	West	22.5	Menzer, Ezra	Lonetree	17
Sherlock, Austin	West	22.5	Flake, Dustin	Lonetree	17
James, Tim	West High	22.5	Winegar, Tate	Solon	16.5
Buline, Dillon	Lonetree	22	Hora, Robert	Clear Creek Amana	16.5
Larew, Max	Lonetree	22	Murphy, Wyatt	Mid Prairie	16.4
Zeman, Lucas	Lonetree	22	Forbes, Logan	Lonetree	15.5
Hassman, Oliver	Mid Prairie	22	Brugman, Sam	Solon	15
Spencer, Mark	Regina	22	Menzer, Ian	Lonetree	14.5
Brown, Jacob	Solon	22	Sutton, Jonathon	Lonetree	13
Nigg, Ben	Solon	22	Lorack, James	Lonetree	13

Vertical Jump continued

Ronan, Austin	Lonetree	21.5
Sexton, Jacob	Lonetree	21.5
Aldeman, David	Mid Prairie	21.5
McLaughlin, Ryan	Regina	21.5
Shelman, James	Solon	21.5
Fitzharns, Cole	West	21.5
Miller, Brendan	LaSalle Middle Sch.	21
Rayner, Quinn	Lonetree	21
Browning, Ali	Regina	21
Pulkrabek, Sam	Regina	21
Dall, Colton	Solon	21
Hackert, Lincoln	Solon	21
Kroymann, Kyle	Solon	21
Shulista, Aaron	Solon	21
Sturgef, Spencer	Lonetree	20.5
McKee-Crow, Alex	Mid Prairie	20.5
Donovan, Michael	Regina	20.5
Gerard, Nicholas	Regina	20.5
Brumwell, AJ	Solon	20.5
Olson, Shawn	Solon	20.5
Lance, Tim		20.5
Flake, Tyler	Lonetree	20
Lorack, Gabe	Lonetree	20
Asprey, Nolan	Solon	20
Parysz, Pat	Solon	20
Cox, Drew	Clear Creek Amana	20
Gibson, Colin	Lonetree	19.5
Larew, Connor	Lonetree	19.5
Menzer, Ezra	Lonetree	19.5
McCaffery, Patrick	Regina	19.5
Forbes, Bryan	Lonetree	19
Miller, Harry	Lonetree	19
Quigley, Jordan	Lonetree	19
Earles, Nicholas	Regina	19
Birely, Austin	Solon	19
Erenberger, Tyler	Solon	19
Linden, Jamie	Solon	19
Pike, Jay	Solon	18.5
Yankish, Tyler	Solon	18
Murphy, Wyatt	Mid Prairie	17.5
Staak, John	Regina	17.5
Acord, Devin	Lonetree	17
Donovan, Bailey	Lonetree	17
Kwon, Kyamin	Lonetree	17
Dodson, Andy	Lonetree	16.5
Sieverting, Lucas	Lonetree	16.5
Wehmeyer, Derek	Lonetree	16.5
Osterhaus, Ben	Regina	16.5
Ries, Zach	Regina	16.5
Schnoebelen, Andrew	Regina	16.5
Miller, Austin	Solon	16.5
Handson, Calbert	Solon	16
Miller, Chris	Solon	16
Flake, Dustin	Lonetree	15.5
Forbes, Logan	Lonetree	15.5
Stumpf, Riley	Lonetree	15
Menzer, Ian	Lonetree	14.5
Pearson, Jake	Lonetree	14
Sutton, Jonathon	Lonetree	14
Strang, Joe	Regina	13
Rude, Nicholas	West	13
Lorack, James	Lonetree	12.5
Garcia, Noah	Lonetree	12
Moore, Alexander	Lonetree	11.5

Lone Tree August 2009

Date	Name (last, first)	Body Wt	VJ	Broad jump	Pro Agility	10yd	40yd	Bench		Squat		Performance Score	Power Score
								reps	wt	reps	wt		
Aug 09	Loving, Zak	240	23.5	94	5.03	2.02	5.88	1	235	1	350	71.4	141.7
Aug 09	Sexton, Jacob	274	19.5	79.5	5.38	1.95	5.62	1	260	1	315	67.8	140.5
Aug 09	Thompson, Kent	219	24.5	94	5.09	1.92	5.61	1	235	1	295	71.8	137.9
Aug 09	Moore, Jack	147	24.5	105	4.56	1.71	4.96	1	200	1	300	77.7	135.2
Aug 09	Zeman, Lucas	160	22	101.5	4.76	1.73	4.92	1	200	1	295	75.5	133.5
Aug 09	Rayner, Quinn	200	20.5	94	5.22	1.86	5.52	1	225	1	300	70.5	132.1
Aug 09	Ratzer, Levi	166	23	90	4.75	1.82	5.45	1	190	1	275	71.5	127.4
Aug 09	Miller, Harry	220	18.5	73.5	5.15	1.93	5.58	1	195	1	245	64.8	124.5
Aug 09	Ronan, Austin	150	21	95	4.82	1.92	5.47	1	170	1	295	70.5	123.8
Aug 09	Menzer, Ezrah	222	17	84.5	5.4	2.1	5.99	1	215	1	275	64.1	123.7
Aug 09	Larew, Max	155	25	95	5.02	1.91	5.45	1	135	1	225	69.7	120.8
Aug 09	Floyd, Zack	207	18.5	80	5.09	2.14	5.96	1	170	1	260	63.5	119.9
Aug 09	Forbes, Logan	223	15.5	77.5	5.34	2.11	6.04	1	205	1	260	62.0	119.8
Aug 09	Donovan, Bailey	209	18	72	5.08	1.99	5.71	1	199	1	225	63.5	119.8
Aug 09	Sutton, Jonathon	230	13	69	5.34	2.14	6.14	1	140	1	225	57.7	112.6
Aug 09	Stumpf, Spencer	168	18	86	5.13	2.03	5.78	1	160	1	200	63.7	112.5
Aug 09	Sieverting, Lucas	142	20	90	5.15	1.86	5.53	1	130	1	200	66.3	112.3
Aug 09	Menzer, Ian	212	14.5	74.5	5.37	2.17	6.4	1	175	1	225	58.8	111.7
Aug 09	Larew, Connor	136	21	89.5	4.97	1.91	5.56	1	140	1	185	66.5	111.2
Aug 09	Quigley, Jordan	180	18	79.5	5.25	2.05	5.94	1	170	1	185	61.9	111.2
Aug 09	Gibson, Colin	137	20.5	81	5.09	1.91	5.68	1	130	1	200	64.7	109.1
Aug 09	Lorack, Gabe	128	22.5	86	4.83	1.98	5.77	1	130	1	185	65.7	108.8
Aug 09	Buline, Dillon	140	22	91	4.71	1.9	5.62	1	165	1	185	64.2	101.6
Aug 09	Dodson, Andy	111	19.5	80	5.2	1.99	6.12	1	95	1	175	61.2	99.1
Aug 09	Flake, Dustin	162	17	72	5.64	2.1	5.94	1	105	1	125	57.1	98.2
Aug 09	Stumpf, Riley	121	18.5	80	5.46	2.01	6.04	1	100	1	100	58.9	93.3
Aug 09	Lorack, James	176	13	62.5	5.84	2.29	6.94	1	120	1	155	51.8	92.4
Aug 09	Forbes, Bryan	105	20	81	5.44	2	5.9	1	90	1	100	59.8	92.2
Aug 09	Reynolds, Tyler	281	21.5			2.04	5.8	1	335			68.7	
Aug 09	Wehmeyer, Derek	146	19.5	74.5	5.46	2.02	5.78	1	130			57.5	

Solon August 2009

Date	Name	Wt	VJ	Broad Jump	Pro Agility	10yd	40yd	Bench	Squat	Performance Score	Power Score
Aug 09	Morris, James	208	33	124.5	4.35	1.69	4.8	270	415	88.6	168.3
Aug 09	Sleeper, Wes	179	31	116.5	4.58	1.6	4.7	215	365	85.2	155.3
Aug 09	Ashton, Andy	182	27	110.5	4.45	1.82	5.04	265	420	82.1	151.8
Aug 09	Klosterman, Dean	183	30	111.5	4.75	1.76	5	255	315	80.9	147.5
Aug 09	Butler, Logan	157	25.5	105	4.45	1.78	5.13	205	405	79.5	143.1
Aug 09	Henry, Nick	184	25	106.5	4.57	1.77	5.07	225	315	77.9	142.5
Aug 09	Constant, Andy	187	25.5	99	4.94	1.88	5.36	245	385	76.2	141.6
Aug 09	Constant, Evan	194	23	95	4.78	1.91	5.44	255	385	74.8	140.3
Aug 09	Morris, Jake	190	23.5	104	4.78	1.85	5.37	225	315	74.9	138.4
Aug 09	Brumwell, AJ	187	21.5	98.5	4.96	1.85	5.27	235	365	74.4	138.0
Aug 09	Reeve, Zach	168	22	99	4.64	1.8	5.31	225	355	75.4	136.5
Aug 09	Adams, Clayton	161	26	101.5	4.76	1.98	5.33	235	355	75.7	136.0
Aug 09	Brown, Jacob	216	23	98.5	4.69	2	5.7	225	260	71.1	135.5
Aug 09	Wears, Colton	209	21.5	93.5	5.12	1.86	5.35	240	275	71.2	134.6
Aug 09	Nigg, Ben	158	22.5	100	4.57	1.82	5.36	205	335	74.9	133.5
Aug 09	Hanus, JJ	150	23.5	95.5	4.81	1.82	5.33	195	315	73.5	129.5
Aug 09	Birely, Austin	245	19.5	81	5.66	2.1	6.24	225	315	64.6	128.9
Aug 09	Klouda, Andy	147	23.5	96	4.77	1.85	5.33	170	315	73.1	128.1
Aug 09	Brugman, Sam	295	15	74.5	5.7	2.32	6.68	210	295	59.1	126.2
Aug 09	Winegar, Tate	188	16.5	86	4.94	2.04	5.72	190	295	66.0	122.1
Aug 09	Kroymann, Kyle	159	21	89.5	5.07	2.03	5.8	200	265	67.5	119.3
Aug 09	Dall, Colton	139	22	92	4.79	1.9	5.34	145	245	69.6	118.8
Aug 09	Stebral, Colin	163	24	101	4.94	1.9	5.29	200	225	67.2	111.9
Aug 09	Dall, Austin	143	24.5	95	4.72	1.84	5.08	175	315	67.8	108.0
Aug 09	Shelman, James	130	22.5	85.5	5.09	1.97	5.72	140	175	65.2	108.0
Aug 09	Jedlicka, Brian	150	21.5	96	4.53	1.84	5.13		365		55.2

Team Power Score Rankings

Score averaged from top 12 scores from each school

Team	Performance score	Power score
Solon 8/09	78.8	144.9
Solon 5/09	78.5	144.8
Lone Tree 5/09	70.1	131.7
Lone Tree 8/09	69.9	130.1