

		Speed Test				Agility Weave				Stop & Start Test				Butterfly										
		Insert time for each FWD & BCK FWD(Min=5.0; Max=10.0) BCK(min=6.5;Max=14.0)				Insert Time (Min 18.5; Max 32.0)				Insert Time Min 7.5; Max 12.5				Time Min 11.0; Max 22										
year	NAME	FWD	FWD	BCK	BCK	Best F	Best B	SCORE	T1	T2	Best	SCORE	TR	TL	TChoice	Slowest	Best 2	SCORE	CW	CCW	Total	AVG	SCORE	Total Score
	Elle Eet	5.0	5.0	6.5	7.0	5.0	6.5	20.00	18.5	19.0	18.5	20.00	7.5	7.8	7.5	7.8	15.0	20.00	11.0	11.0	22.0	11.0	20.00	80.00
	Ave Rage	7.5	7.9	10.3	11.0	7.5	10.3	10.00	25.3	26.5	25.3	10.00	10.0	11.0	10.0	11.0	20.0	10.00	16.5	16.5	33.0	16.5	10.00	40.00
	Anita Practise	10.0	11.0	14.0	14.0	10.0	14.0	0.00	32.0	32.0	32.0	0.00	12.5	12.5	12.5	12.5	25.0	0.00	22.0	22.0	44.0	22.0	0.00	0.00
	Didi NT. Showup	7.1	7.2	10.8	11.4	7.1	10.8	9.84			0.0	47.41				0.0	0.0	50.00	20.0	20.0	40.0	20.0	3.64	110.88
2002	Adele	5.8	5.5	7.6	7.8	5.5	7.6	17.41	18.5	19.6	18.5	20.00	7.9	8.0	8.1	8.1	15.9	18.24	11.5	12.8	24.3	12.2	17.91	73.56
2002	Berta	5.6	5.9	7.3	8.0	5.6	7.3	17.84	19.1	18.5	18.5	20.00	8.6	8.6	8.7	8.7	17.3	15.48	11.0	11.8	22.8	11.4	19.27	72.59
2002	Cassie	5.8	5.7	7.3	7.3	5.7	7.3	17.55	20.7	21.6	20.7	16.74	7.5	7.6	7.9	7.9	15.1	19.74	12.7	12.5	25.2	12.6	17.09	71.12
2002	Dellilah	5.9	5.8	7.8	7.9	5.8	7.8	16.51	19.6	19.9	19.6	18.37	8.4	8.4	8.5	8.5	16.7	16.52	11.6	11.6	23.2	11.6	18.91	70.31
2002	Emma	6.0	5.8	7.7	7.3	5.8	7.3	17.36	20.2	19.8	19.8	18.07	8.5	8.4	8.5	8.5	16.9	16.24	12.8	12.8	25.6	12.8	16.73	68.40
2002	Frederica	6.3	6.3	8.3	7.7	6.3	7.7	16.10	23.9	22.7	22.7	13.78	8.2	8.2	7.8	8.2	16.0	18.06	12.9	12.8	25.7	12.9	16.64	64.57
2002	Gertrude	6.4	6.1	7.5	7.5	6.1	7.5	16.70	22.1	21.4	21.4	15.70	8.7	8.5	8.5	8.7	17.0	16.00	14.0	13.2	27.2	13.6	15.27	63.68
2002	Heidi	6.3	6.0	8.1	8.3	6.0	8.1	15.74	21.9	22.8	21.9	14.96	8.3	8.8	8.3	8.8	16.7	16.70	13.7	13.5	27.2	13.6	15.27	62.68
2002	Ingrid	6.2	6.2	8.6	8.3	6.2	8.3	15.25	23.1	23.0	23.0	13.33	8.2	8.4	8.3	8.4	16.5	17.00	14.2	12.9	27.1	13.6	15.36	60.94
2002	June	5.7	5.6	7.9	8.4	5.6	7.9	16.70	24.6	23.5	23.5	12.64	8.8	8.9	8.5	8.9	17.3	15.50	14.2	14.3	28.5	14.3	14.09	58.93
2002	Krista	6.8	6.6	8.3	9.4	6.6	8.3	14.70	32.0	23.5	23.5	12.59	9.0	8.6	8.6	9.0	17.2	15.58	15.0	14.1	29.1	14.6	13.55	56.42
2002	Lori	6.8	6.5	8.4	8.8	6.5	8.4	14.56	23.7	20.7	20.7	16.74	9.8	9.8	9.4	9.8	19.2	11.56	14.3	15.4	29.7	14.9	13.00	55.86
2002	Melissa	6.5	6.5	8.6	8.8	6.5	8.6	14.21	25.4	24.0	24.0	11.85	9.7	10.2	10.0	10.2	19.7	10.68	14.9	14.8	29.7	14.9	13.00	49.74
2002	Nadine	6.6	6.8	8.3	8.6	6.6	8.3	14.56	30.1	26.8	26.8	7.70	9.2	9.4	9.1	9.4	18.3	13.50	16.9	16.4	33.3	16.7	9.73	45.49

NOTES
 **A score must be entered in every yellow box to get a valid score.
 Example of perfect score
 Example of middle score
 Example of lowest possible scoring
 Example of incorrect scoring for incomplete tests.
 (Remove from final ranking.)

**All players are given more than one chance to record a solid score for each drill - a fall will never affect their score. Times recorded to the second decimal.

Skating speed test shows only a ~3 point spread from top to bottom. 1 second forward, and 1 second backward slower, only amounts to 3 points, yet 1 second slower is HUGE in a footrace.

Pylon agility weave shows wide range (13 points - 8 seconds). This drill is only done quickly if athlete can turn with both inside and outside edges

Stop/start shows wide range (8 points - 2 seconds). Athlete who cannot stop well on one or both sides has slower times.

Butterfly transition/pivot drill shows again significant variance (5.3 seconds = 9.5 points) - Athlete must be able to pivot effectively both ways.

SUMMARY:

- 1 The more difficult skating techniques are what spreads out players.
- 2 Total score differences between players are built by consistently achieving faster times - a measure of better performance.
- 3 Differences in timing by stopwatch are minimal, when compared to the actual time difference between players. One tenth (much less one hundredth) of a second timing error is basically irrelevant.
- 4 All information regarding UAA and our evaluation process can be found under evaluations on our website.