

**St. Albert Sports Academy**  
**“Athletics are a Dress Rehearsal for Life”**  
**Phone: 780-444-3392**  
[ggiacobbo@gsacrd.ab.ca](mailto:ggiacobbo@gsacrd.ab.ca)

Athlete:

Tests	Term 1	Term 2	Best score in Group
Forward Left Cross Over (Seconds)			
Forward Right Cross Over (Seconds)			
Backward Left Cross Over (Seconds)			
Backward Right Cross Over (Seconds)			
30 Ft Sprint (Seconds)			
100 Ft Sprint (Seconds)			
100 Ft sprint with puck (Seconds)			
Oilers Agility (Seconds)			
Passing (Percent)			
Saucer Passing (Percent)			
Shooting Accuracy (Percent)			
On Ice Endurance (Minute/Second)			
Agility Tight Turn (Seconds)			

**Coachability:** 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.

**Needs Improvement      Satisfactory      Proficient      Outstanding**

**Concentration:** Ability to remain focused on the task at hand, not easily distracted.

**Needs Improvement      Satisfactory      Proficient      Outstanding**

**Mental Toughness:** Not easily discouraged, rebounds from errors performs well under pressure.

**Needs Improvement      Satisfactory      Proficient      Outstanding**

**Discipline:** Is able to control temper and follow rules.

**Needs Improvement      Satisfactory      Proficient      Outstanding**

**Leadership:** Leads by example, encourages others, respected by others.

**Needs Improvement      Satisfactory      Proficient      Outstanding**

### **Skating:**

Acceleration: <b>Needs Improvement</b>	<b>Satisfactory</b>	<b>Proficient</b>	<b>Outstanding</b>
Speed: <b>Needs Improvement</b>	<b>Satisfactory</b>	<b>Proficient</b>	<b>Outstanding</b>
Agility: <b>Needs Improvement</b>	<b>Satisfactory</b>	<b>Proficient</b>	<b>Outstanding</b>
Cross Overs: <b>Needs Improvement</b>	<b>Satisfactory</b>	<b>Proficient</b>	<b>Outstanding</b>
Quick Feet: <b>Needs Improvement</b>	<b>Satisfactory</b>	<b>Proficient</b>	<b>Outstanding</b>
Change of Pace: <b>Needs Improvement</b>	<b>Satisfactory</b>	<b>Proficient</b>	<b>Outstanding</b>
Pivots/Transitions: <b>Needs Improvement</b>	<b>Satisfactory</b>	<b>Proficient</b>	<b>Outstanding</b>

### **Passing:**

Accurate: <b>Needs Improvement</b>	<b>Satisfactory</b>	<b>Proficient</b>	<b>Outstanding</b>
Uses Backhand: <b>Needs Improvement</b>	<b>Satisfactory</b>	<b>Proficient</b>	<b>Outstanding</b>
Saucer: <b>Needs Improvement</b>	<b>Satisfactory</b>	<b>Proficient</b>	<b>Outstanding</b>
Receiving Forehand: <b>Needs Improvement</b>	<b>Satisfactory</b>	<b>Proficient</b>	<b>Outstanding</b>
Receiving Backhand: <b>Needs Improvement</b>	<b>Satisfactory</b>	<b>Proficient</b>	<b>Outstanding</b>

### **Puck Control:**

Heads up: <b>Needs Improvement</b>	<b>Satisfactory</b>	<b>Proficient</b>	<b>Outstanding</b>
Deceptive: <b>Needs Improvement</b>	<b>Satisfactory</b>	<b>Proficient</b>	<b>Outstanding</b>
In Traffic: <b>Needs Improvement</b>	<b>Satisfactory</b>	<b>Proficient</b>	<b>Outstanding</b>
Puck Protection: <b>Needs Improvement</b>	<b>Satisfactory</b>	<b>Proficient</b>	<b>Outstanding</b>

### **Shooting:**

Accurate: <b>Needs Improvement</b>	<b>Satisfactory</b>	<b>Proficient</b>	<b>Outstanding</b>
Can shoot in Stride: <b>Needs Improvement</b>	<b>Satisfactory</b>	<b>Proficient</b>	<b>Outstanding</b>
Power: <b>Needs Improvement</b>	<b>Satisfactory</b>	<b>Proficient</b>	<b>Outstanding</b>
Weight Transfer: <b>Needs Improvement</b>	<b>Satisfactory</b>	<b>Proficient</b>	<b>Outstanding</b>
Can use a variety of shots: <b>Needs Improvement</b>	<b>Satisfactory</b>	<b>Proficient</b>	<b>Outstanding</b>
Quick Release: <b>Needs Improvement</b>	<b>Satisfactory</b>	<b>Proficient</b>	<b>Outstanding</b>
Follow Through: <b>Needs Improvement</b>	<b>Satisfactory</b>	<b>Proficient</b>	<b>Outstanding</b>

### **Game Sense:**

Positional Play: <b>Needs Improvement</b>	<b>Satisfactory</b>	<b>Proficient</b>	<b>Outstanding</b>
Gap Control: <b>Needs Improvement</b>	<b>Satisfactory</b>	<b>Proficient</b>	<b>Outstanding</b>
Anticipation: <b>Needs Improvement</b>	<b>Satisfactory</b>	<b>Proficient</b>	<b>Outstanding</b>
Good Stick Position: <b>Needs Improvement</b>	<b>Satisfactory</b>	<b>Proficient</b>	<b>Outstanding</b>
Good use of angles: <b>Needs Improvement</b>	<b>Satisfactory</b>	<b>Proficient</b>	<b>Outstanding</b>
Smart plays/good use of teammates: <b>Needs Improvement</b>	<b>Satisfactory</b>	<b>Proficient</b>	<b>Outstanding</b>

**Academy staff comments:**