



Zybek Sports Standardized Athlete Test (SAT®) Results



James Gescheidle

Zybek Sports SAT® ID:
265032_James_Gescheidle

LB
2024

Height: 5 ft 8 In.
Weight: 172 lbs
Reach Height: 86.5

Event
Jflora Showcase
5/21/2023

James's Zybek Sports SAT® Performance Results

10 Yard	20 Yard	40 Yard	20 YD Shuttle Split	20 YD Shuttle	3 Cone Drill	Vertical Jump	Broad Jump
1.645 Seconds	2.750 Seconds	4.798 Seconds	2.456 Seconds	4.627 Seconds	7.851 Seconds	32.50 Inches	106 Inches

Zybek Sports SAT® Comparison and Targets for James

Average Performance Measures From Zybek Sports SAT® for 2024 LB Athletes:

10 YD Dash	20 YD Dash	40 YD Dash	ProAgility Split	ProAgility	3 Cone Drill	Vertical Jump	Broad Jump
1.943	3.207	5.576	2.602	5.001	8.944	22.1	89

How James compares to other 2024 LB

0.298 above average	0.457 above average	0.778 above average	0.146 above average	0.374 above average	1.093 above average	10.4 inches above average	17 inches above average
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Where James needs to be next year: Average Performance Measures for 2023 Athletes:

10 YD Dash	20 YD Dash	40 YD Dash	ProAgility Split	ProAgility	3 Cone Drill	Vertical Jump	Broad Jump
1.894	3.124	5.415	2.561	4.892	8.778	23.7	93.7

What James Gescheidle needs to do by next year:

Is already 0.249 above average	Is already 0.374 above average	Is already 0.617 above average	Is already 0.105 above average	Is already 0.265 above average	Is already 0.927 above average	Is already 8.8 inches above average	Is already 12 inches above average
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Average performance measures for college athletes - LB position

10 YD Dash	20 YD Dash	40 YD Dash	ProAgility Split	ProAgility	3 Cone Drill	Vertical Jump	Broad Jump
1.832	3.018	5.212	2.460	4.720	8.477	26.5	100.6

James Gescheidle needs to do this to be in average performance on the Zybek Sports SAT® by College:

Is already 0.187 above average	Is already 0.268 above average	Is already 0.414 above average	Is already 0.004 above average	Is already 0.093 above average	Is already 0.626 above average	Is already 6 above average	Is already 5 above average
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Zybek Sports SAT® 2020-2023 Information and Rank for James Gescheidle

Grade	Grad Year	Group Size
12	2023	4246
11	2024	3440
10	2025	2463
9	2026	1840
8	2027	1234
7	2028	951
6	2029	768
5	2030	651
4	2031	538
3	2032	340
2	2033	306
1	2034	44

Numbers by graduation

Numbers by Position		
ATH		5146
DB		1629
DL		1644
LB		1656
OL		1606
QB		1633
RB		1765
TE		370
WR		2962
		18,411

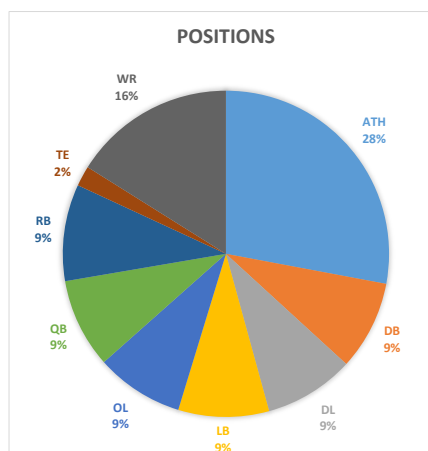
Details for LB position group for James Gescheidle

Average for LBs tested in 20/23

Grad. Year	Number	Height	Reach Height	Grade
2023	303	70.1	90.4	College
2022	389	70.3	90.5	12
2023	303	70.1	90.4	11
2024	216	69.4	89.5	10
2025	109	69.8	90.3	9
2026	87	67.7	86.8	8
2027	32	66.3	84.1	7
2028	20	63.0	81.8	6
2029	29	58.9	76.8	5
2030	12	56.5	75.4	4
2031	10	56.9	73.7	3

Averages for LB position group:

40 Yard	5.387 sec.	ProAgility	4.821 sec.
20 Yard	3.107 sec.	ProAgility Split	2.535 sec.
10 Yard	1.878 sec.	Broad Jump	97.48 in.
3-Cone	8.123 sec.	Vertical Jump	25.81 in.



Zybek Sports Rank and Recommendations for James Gescheidle

Compared to **18,411** Athletes tested 2020/2023

	10 YD Dash	20 YD Dash	40 YD Dash	ProAgility Split	ProAgility	3 Cone Drill	Vertical Jump	Broad Jump
Sample size	21470	20497	21615	19465	19621	14215	17148	21269
Rank	790	638	859	5849	4973	3901	825	3432
Percentage	96.3%	96.9%	96.0%	70.0%	74.7%	72.6%	95.2%	83.9%

Compared to **3,440** Athletes graduating in 2024 tested 2020/2023

	10 YD Dash	20 YD Dash	40 YD Dash	ProAgility Split	ProAgility	3 Cone Drill	Vertical Jump	Broad Jump
Sample size	2770	2600	2765	2600	2616	1733	2538	2766
Rank	66	54	97	582	454	414	71	353
Percentage	97.6%	97.9%	96.5%	77.6%	82.6%	76.1%	97.2%	87.2%

Compared to **1,656** LBs tested 2020 / 2023

	10 YD Dash	20 YD Dash	40 YD Dash	ProAgility Split	ProAgility	3 Cone Drill	Vertical Jump	Broad Jump
Sample size	1385	1358	1411	1363	1381	1057	1219	1339
Rank	59	39	32	601	477	362	80	362
Percentage	95.7%	97.1%	97.7%	55.9%	65.5%	65.8%	93.4%	73.0%

Compared to **216** all 2024 LB athletes tested 2020 / 2023

	10 YD Dash	20 YD Dash	40 YD Dash	ProAgility Split	ProAgility	3 Cone Drill	Vertical Jump	Broad Jump
Sample size	180	177	180	166	168	131	168	176
Rank	6	6	8	35	30	10	11	45
Percentage	96.7%	96.6%	95.6%	78.9%	82.1%	92.4%	93.5%	74.4%

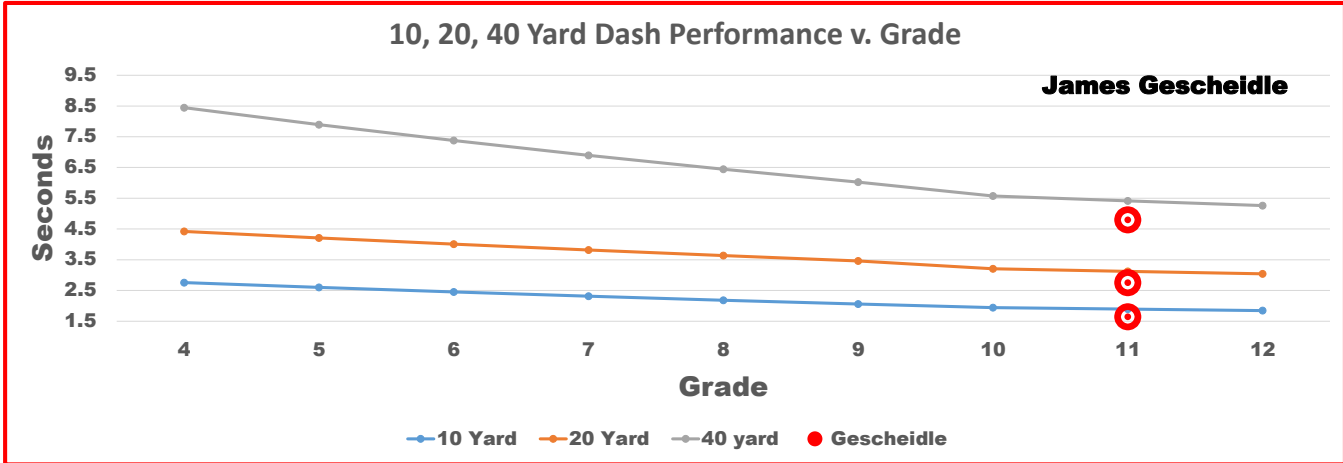
Recommendations for James

	10 YD Dash	20 YD Dash	40 YD Dash	ProAgility Split	ProAgility	3 Cone Drill	Vertical Jump	Broad Jump
Current Performance	1.645	2.750	4.798	2.456	4.627	7.851	32.50	106
Suggested Target	1.645	2.723	4.606	2.333	4.581	7.694	33.2	108.1
Improvement	Maintain	0.027	0.192	0.123	0.046	0.157	0.650	2.1

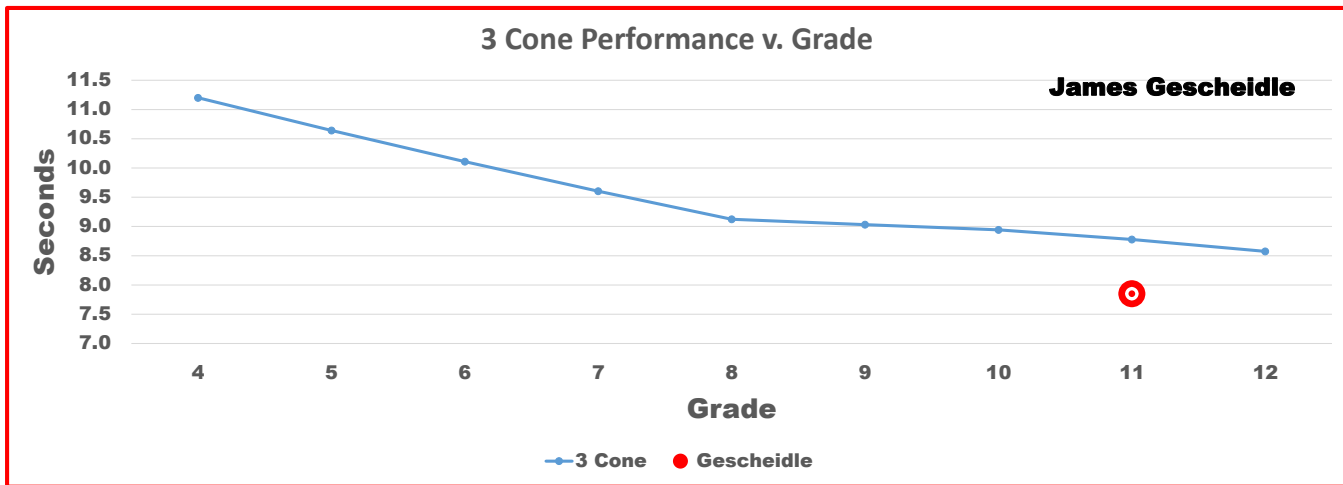


Zybek Sports SAT® Comparison and Targets for James Gescheidle

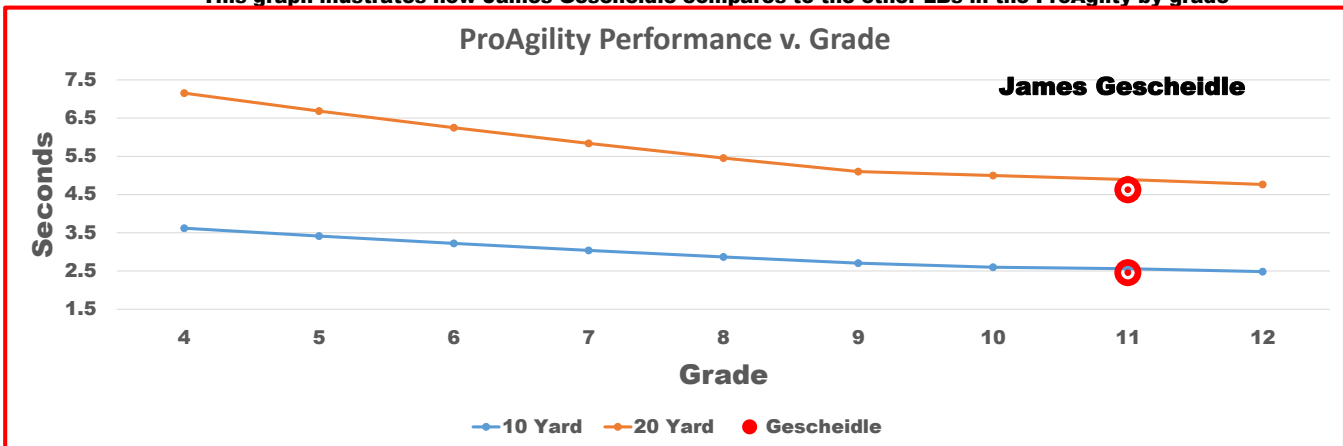
This graph illustrates how James Gescheidle compares to the other LBs in the 40 yard dash by grade



This graph illustrates how James Gescheidle compares to the other LBs in the 3-Cone by grade



This graph illustrates how James Gescheidle compares to the other LBs in the ProAgility by grade



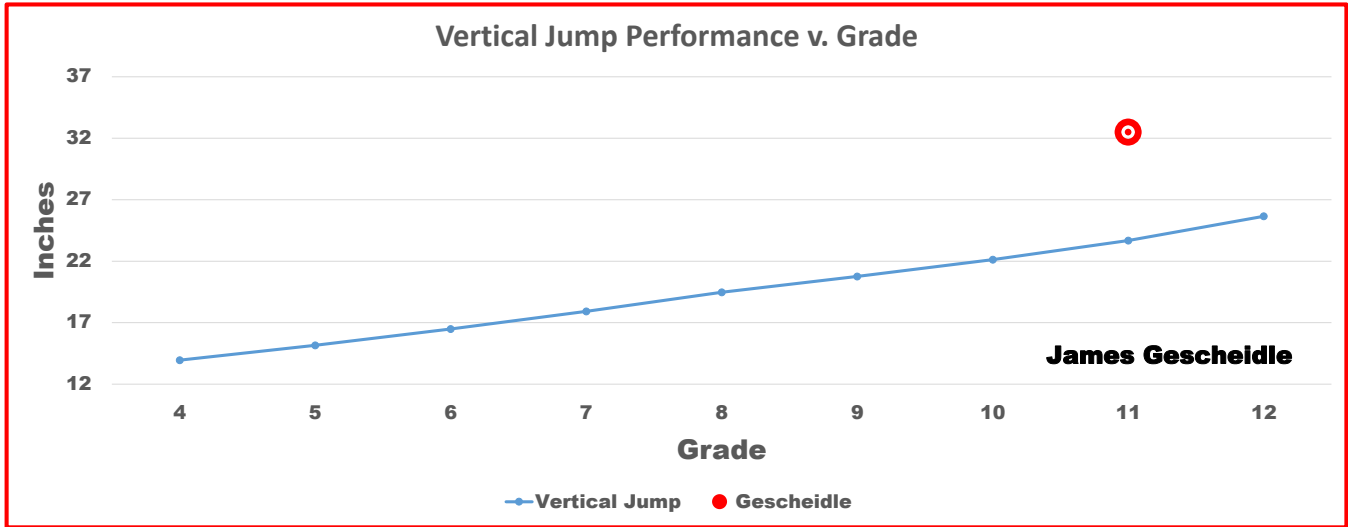


SAT[®] Comparison and Targets for James Gescheidle

This graph illustrates how James Gescheidle compares to the other LBs in the Broad Jump by grade



This graph illustrates how James Gescheidle compares to the other LBs in the Vertical Jump by grade



Athlete Performance

SAT®

James Gescheidle

Highland HS

Position: **LB**

Graduation: **2024**



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Performance Results

Athlete ID
265032_James_Gescheidle

Height: 5 ft 8 In.
Weight: 172 lbs

Reach Height: 86.5 In

	Full Electronic	Estimated Hand Start	Seconds
40 Yard	4.798	4.713	
20 Yard	2.750	2.665	
10 Yard	1.645	1.560	
ProAgility	4.627	4.572	
ProAgility Split	2.456	2.401	
3 Cone	7.851	7.786	
Broad Jump	106.0	Inches	
Max Jump	119.0		
Vertical Jump	32.5		



Full Athlete Results

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SAT® Testing Event:

Jflora Showcase

5/21/2023

Fully automated electronic time used for 10, 20, and 40. Equivalent hand-start / laser finish are estimated from 5 year average by position from Zybek data.

See: www.zybeksports.com blog and @ZybekSports on social media for more information.