



Zybek Sports Standardized Athlete Test (SAT®) Results



Emilio Menicucci

Zybek Sports SAT® ID:

265055_Emilio_Menicucci

**ATH
2024**

Height:

5 ft 9.75 In.

Weight:

195 lbs

Reach Height:

89.7

Event

Jflora Showcase

5/21/2023

Emilio'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
1.636 Seconds	2.751 Seconds	4.857 Seconds	2.639 Seconds	4.767 Seconds	7.709 Seconds	34.25 Inches	113 Inches

Zybek Sports SAT® Comparison and Targets for Emilio

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

10 YD Dash	20 YD Dash	40 YD Dash	ProAgility Split	ProAgility	3 Cone Drill	Vertical Jump	Broad Jump
1.860	3.076	5.341	2.510	4.824	8.636	24.0	94

How Emilio compares to other 2024 ATH

0.224 above average	0.325 above average	0.484 above average	Needs to be 0.129 Faster	0.057 above average	0.927 above average	10.3 inches above average	19 inches above average
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Where Emilio 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
1.813	2.986	5.160	2.460	4.725	8.419	26.0	99.6

What Emilio Menicucci needs to do by next year:

Is already 0.177 above average	Is already 0.235 above average	Is already 0.303 above average	Be 0.179 Faster next year	Be 0.042 Faster next year	Is already 0.71 above average	Is already 8.3 inches above average	Is already 13 inches above average
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Average performance measures for college athletes - ATH position

10 YD Dash	20 YD Dash	40 YD Dash	ProAgility Split	ProAgility	3 Cone Drill	Vertical Jump	Broad Jump
1.777	2.925	5.036	2.395	4.594	8.246	28.0	105.1

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

Is already 0.141 above average	Is already 0.174 above average	Is already 0.179 above average	Be 0.244 faster by college	Be 0.173 faster by college	Is already 0.537 above average	Is already 6.2 above average	Is already 8 above average
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IT'S ON YOU®

ZYBEK Sports



Zybek Sports SAT® 2020-2023 Information and Rank for Emilio Menicucci

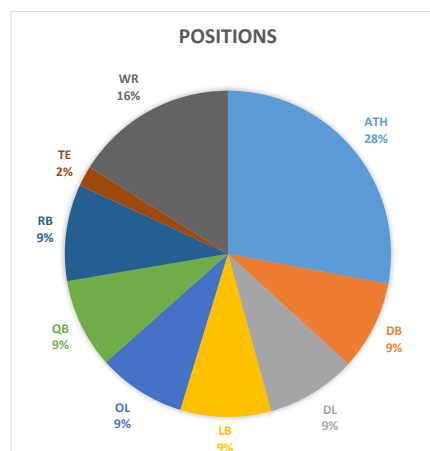
Grade	Grad Year	Group Size
12	2023	4246
11	2024	3440
10	2025	2463
9	2026	1840
8	2027	1234
7	2028	951
6	2029	768
5	2030	651
4	2031	538
3	2032	340
2	2033	306
1	2034	44

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

Details for ATH position group for Emilio Menicucci Average for ATHs tested in 20/23

Grad. Year	Number	Height	Reach Height	Grade
2023	481	68.0	86.7	College
2022	403	68.8	87.4	12
2023	481	68.0	86.7	11
2024	574	67.9	87.1	10
2025	648	66.8	86.3	9
2026	550	64.4	83.0	8
2027	382	61.6	79.8	7
2028	378	59.8	77.5	6
2029	330	57.1	73.2	5
2030	259	54.9	69.2	4
2031	235	53.0	68.8	3

Numbers by graduation



Averages for ATH position group:

40 Yard	6.477 sec.	ProAgility	5.237 sec.
20 Yard	3.636 sec.	ProAgility Split	2.76 sec.
10 Yard	2.201 sec.	Broad Jump	77.13 in.
3-Cone	9.161 sec.	Vertical Jump	20.42 in.

Zybek Sports Rank and Recommendations for Emilio Menicucci

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	714	644	1445	10921	7485	2708	416	1318
Percentage	96.7%	96.9%	93.3%	43.9%	61.9%	80.9%	97.6%	93.8%

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	58	56	162	1382	846	261	33	112
Percentage	97.9%	97.8%	94.1%	46.8%	67.7%	84.9%	98.7%	96.0%

Compared to **5,146** ATHs tested 2020 / 2023

	10 YD Dash	20 YD Dash	40 YD Dash	ProAgility Split	ProAgility	3 Cone Drill	Vertical Jump	Broad Jump
Sample size	3653	3599	3606	2756	2785	2464	2394	3661
Rank	81	79	112	1137	651	205	36	80
Percentage	97.8%	97.8%	96.9%	58.7%	76.6%	91.7%	98.5%	97.8%

Compared to **574** all 2024 ATH 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	423	405	405	388	388	264	350	451
Rank	15	10	21	159	93	58	3	12
Percentage	96.5%	97.5%	94.8%	59.0%	76.0%	78.0%	99.1%	97.3%

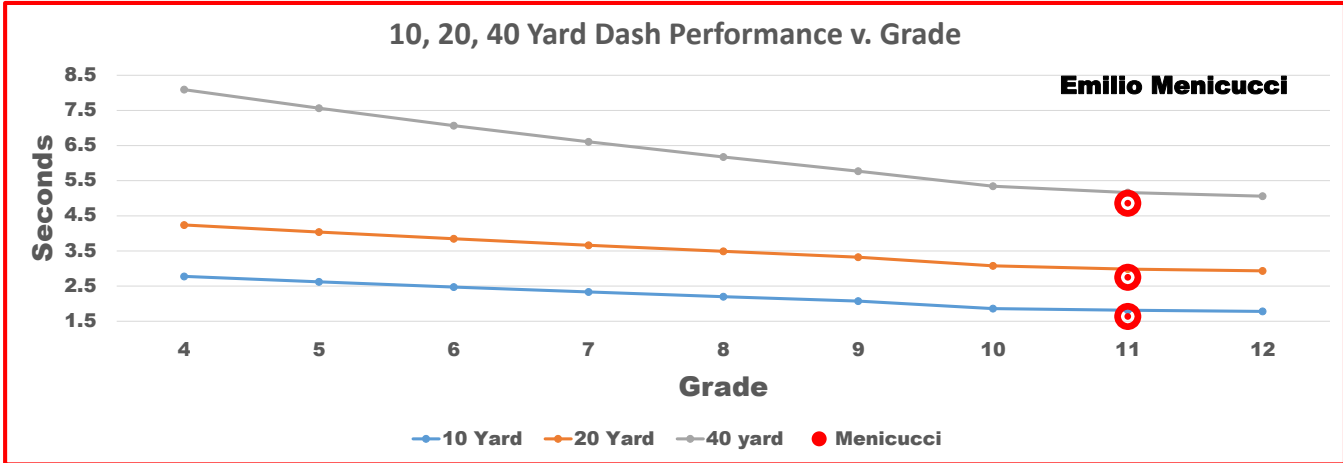
Recommendations for Emilio

	10 YD Dash	20 YD Dash	40 YD Dash	ProAgility Split	ProAgility	3 Cone Drill	Vertical Jump	Broad Jump
Current Performance	1.636	2.751	4.857	2.639	4.767	7.709	34.25	113
Suggested Target	1.636	2.723	4.663	2.507	4.719	7.555	34.9	115.3
Improvement	Maintain	0.028	0.194	0.132	0.048	0.154	0.685	2.3

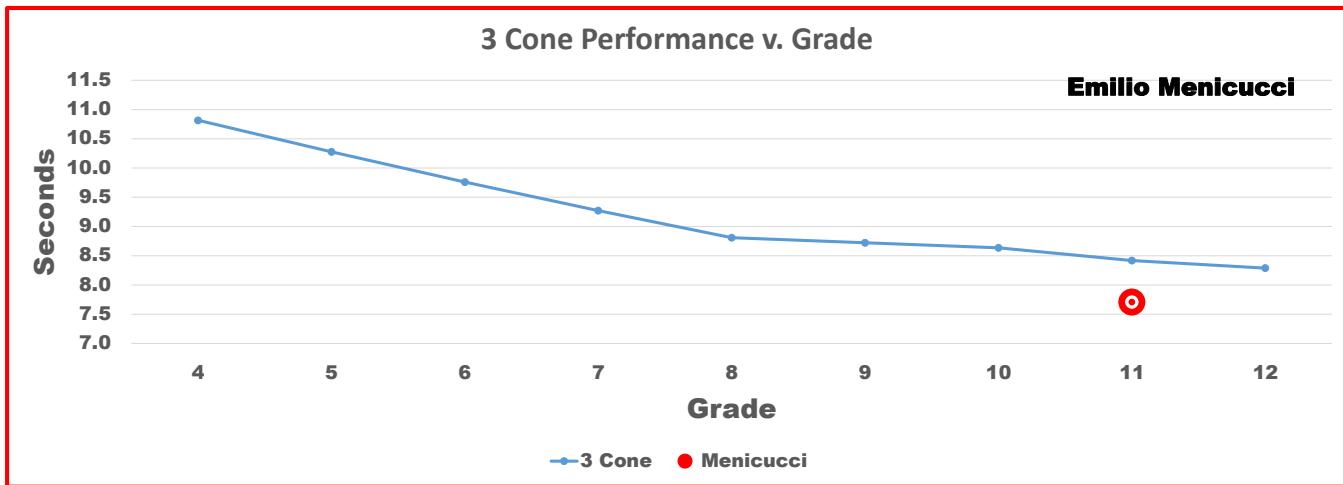


Zybek Sports SAT[®] Comparison and Targets for Emilio Menicucci

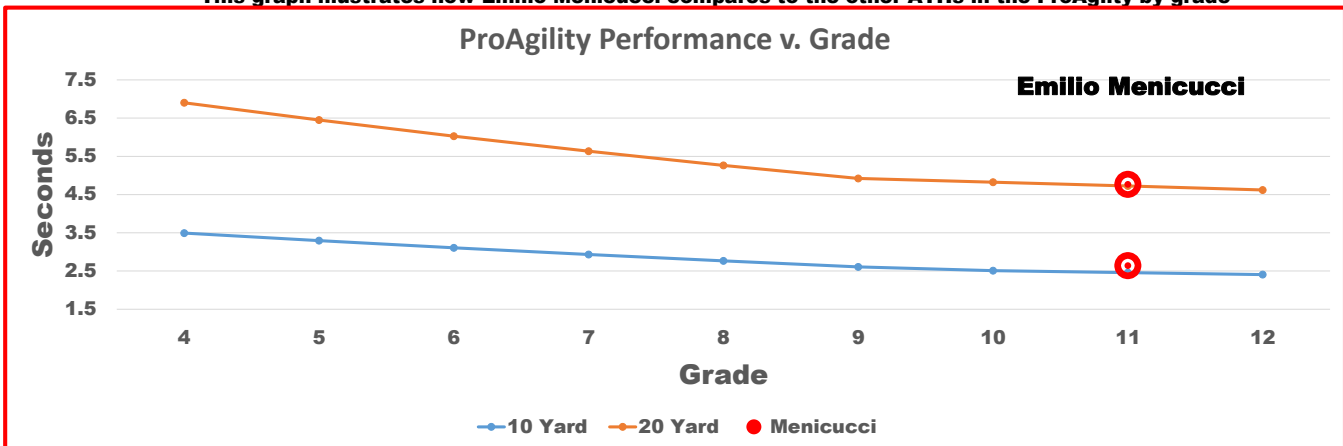
This graph illustrates how Emilio Menicucci compares to the other ATHs in the 40 yard dash by grade



This graph illustrates how Emilio Menicucci compares to the other ATHs in the 3-Cone by grade



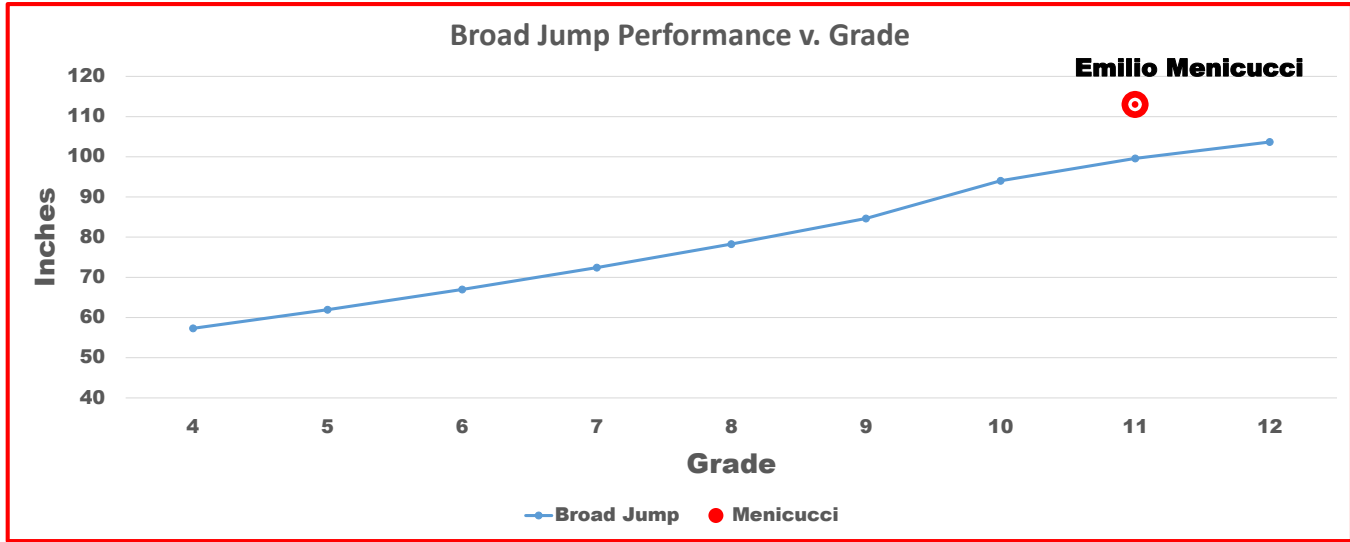
This graph illustrates how Emilio Menicucci compares to the other ATHs in the ProAgility by grade



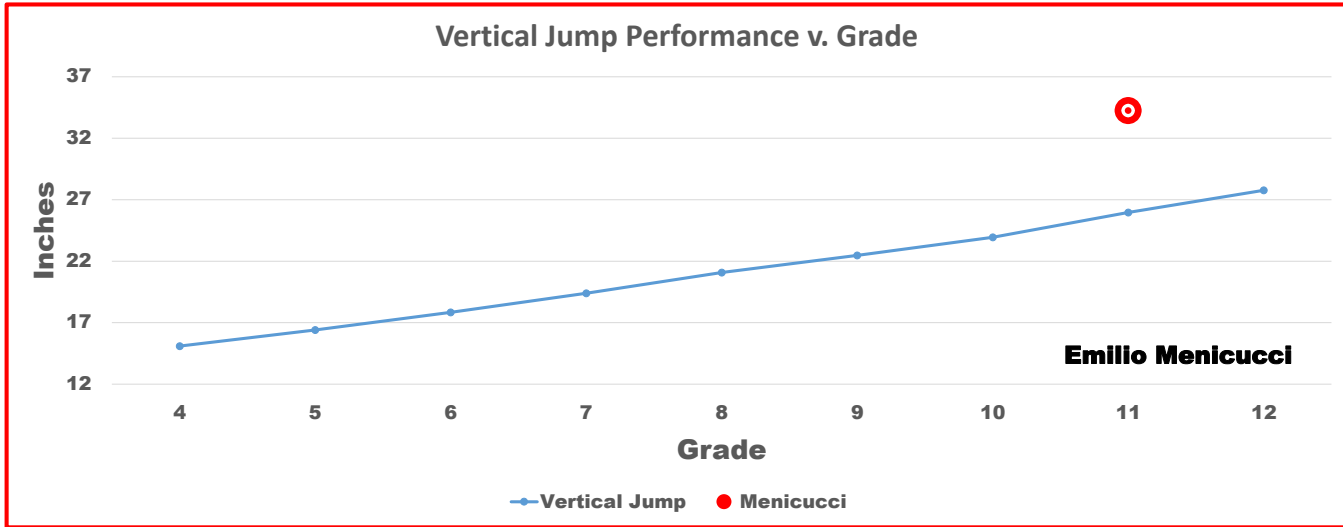


SAT[®] Comparison and Targets for Emilio Menicucci

This graph illustrates how Emilio Menicucci compares to the other ATHs in the Broad Jump by grade



This graph illustrates how Emilio Menicucci compares to the other ATHs in the Vertical Jump by grade



Athlete Performance

SAT®

Emilio Menicucci

Arthur Johnson HS

Position: **ATH**

Graduation: **2024**



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Performance Results

Athlete ID	Full Electronic	Estimated Hand Start	Seconds	
265055_Emilio_Menicucci	40 Yard	4.857		4.772
	20 Yard	2.751		2.666
	10 Yard	1.636		1.551
	ProAgility	4.767		4.712
	ProAgility Split	2.639		2.584
	3 Cone	7.709	7.644	
	Broad Jump	113.0	Inches	
	Max Jump	124.0		
	Vertical Jump	34.3		

Athlete ID

265055_Emilio_Menicucci

Height: **5 ft 9.75 In.**

Weight: **195 lbs**

Reach Height: **89.7 In**



Full Athlete Results

Follow us

@ZybekSports



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.