

2010 Winter training		Date:
Standings	Champions League	25-Feb
1st	Flowers	99
2nd	Saunders	91
t-3rd	Ebright	80
	Bentley	80
5th	Alexander	76
6th	Woodruff	73
7th	Monhollen	72
8th	McLaughlin	69
9th	Wilson	66
t-10th	Morgan	63
	Muncy	63
12th	Sunday	62
13th	Koch	60
14th	Frost	56
15th	Marshall	55
16th	Shaw	53
17th	Jobin	47
18th	ASC coaches	16
DNP	Spearman (excused)	DNP

T-test	27-Feb
Alexander	8.95
Wilson	9.265
Sunday	9.415
Frost	9.55
Flowers	9.63
Marshall	9.71
Monhollen	9.75
Woodruff	9.845
Shaw	9.855
Saunders	9.91
Muncy	9.96
Bentley	9.975
Jobin	10.06
Koch	10.095
Ebright	10.16
Morgan	10.175
McLaughlin	10.56
Spearman (excused)	DNP

Zig-Zag agility	30-Jan
Alexander	14.33
Flowers	14.34
Monhollen	14.36
Saunders	14.69
Frost	14.74
Bentley	14.85
Marhsall	14.96
Morgan	15.17
Wilson	15.24
Koch	15.27
Woodruff	15.32
Jobin	15.37
Shaw	15.37
Sunday	15.47
Ebright	15.55
Muncy	15.82
McLaughlin	15.97
Spearman (excused)	DNP

1 minute pushups	27-Feb
Monhollen	58
Saunders	57
Sunday	55
Wilson	52
Ebright	51
Bentley	50
Marshall	48
Frost	46
Koch	45
Shaw	44
McLaughlin	41
Morgan	40
Jobin	34
Woodruff	34
Muncy	33
Alexander	30
Flowers	30
Spearman (excused)	DNP

1 minute sit-ups	27-Feb
Saunders	73
Wilson	70
Frost	65
Bentley	62
Ebright	61
Koch	61
McLaughlin	61
Morgan	61
Monhollen	57
Sunday	57
Woodruff	56
Muncy	55
Alexander	49
Flowers	49
Jobin	45
Marshall	36
Shaw	35
Spearman (excused)	DNP

Mod-beep test	16-Jan
Koch	9
Frost	7
Saudners	7
Wilson	7
Alexander	6
Ebright	6
Jobin	6
McLaughlin	6
Bentley	5
Flowers	5
Marshall	5
Muncy	5
Shaw	5
Sunday	5
Woodruff	5
Morgan	4
Monhollen	2
Spearman (excused)	DNP