NANCY GREENE SKI LEAGUE RESULTS, FALL 2009

Lastname	Firstname	M/F	DOB	Address_1	Address_2	City	HOME CLUB	Sit and Reach	ABS	Vertical Jump	Standing Long Jump(best (m))			Illinois Agility Run		40m Sprint	Box Jumps			Single Leg Squat					Drop Jump		
		M/F					Home Club	Best	upper	best inches	both	L	R	L-R (sec)	R-L (sec)	Best (sec)	0-30	30-60	Total	Depth Right	Depth Left	Dynamic Valgus Right	Dynamic Valgus Left	Loss of Neutral spine Position	SCORE	Dynamic Valgus Right	Dynamic Valgus Left
Bondy	Katherine	F	10	alison.bond	Milton Heig	10	Milton Heights Racing Club	25	2	15.3	1.42	1.4	1.42	23.16	24.06	8.1	26	22	48	1	2	2	0	PS	12.4		
Burks	Teegan	F	10	sjjtburks@	Devil's Gle	10	Devil's Glen	36	4	20.5	2.18	1.78	2.01	24.39	22.74	7.4	30	27	57	1	2	2	1	TC/TC	18.6	2	2
Carter	Madeleine	F	10	mcarter@n	Craigleith S	10	Craigleith Ski Club	16.5	4	12.4	1.93	1.48	1.56	23.29	22.87	7.5			60	2	1	0	0	TC/TC	11.8	0	2
Dryden	Jennifer	F	10	alexandjan	Heights of	10	Heights of Horseshoe	24	4	14.4	1.71	1.45	1.5	26.28	26.32	7.5			62	1	2	2	1	TCPS/TC	14.2	1	1
Gowland	Nev	F	6	carol.gowla	Mansfield S	6	Mansfield Ski Club	32	1	10.6	0.92	0.6	0.6			9			23	2	2	0	1	PS/PS	10.5	1	1
Mason	Sydney	F	9	fmasonc39	Craigleith S	9	Craigleith Ski Club	33	4	16.4	2	1.62	1.93	21.68	22.78	7.3	32	37	69	1	1	2	2	/PS	16.4	1	1
metzger	camryn	F	9	heather@a	Georgian P	9	Georgian Peaks Club	29.5	4	13.9	1.9	1.6	1.5	23.63	22.42	7.7			55	1	0	2	1	TC/	13.2	2	2
Ozsan	Ayse	F	10	murat@ozs	Glacier Ski	10	Glacier Ski Club	32	2	11.5	1.25	0.9	1	30.2	28.83	9	21	15	36	3	3	0	0	/PS	9.8	2	2
Popadich	Amanda	F	10	amanda.pa	Craigleith S	10	Craigleith Ski Club	23	4	15.5	1.72	1.58	1.56	23.89	23.08	8	31	21	52	2	3	1	2	PS/	12.5	2	2
Power	Gillian	F	9	stephen.r.p	Craigleith S	9	Craigleith Ski Club	32	2	13.9	1.58	1.5	1.42	22.98	23.42	8.5	30	23	53	3	3	1	0	/TC	11.5	2	2
Stein	Georgia	F	10	ingridstein	Craigleith S	10	Craigleith Ski Club	43	4	14.8	1.73	1.15	1.34	24.28	23.96	8.4			53	2	2	2	1	PS/PS	14.5	2	3
White	Thea	F	9	rsw_kkw@	Georgian P	9	Georgian Peaks Club	35.5	4	13	1.75	1.42	1.7	25.37	25.67	8.4			65	1	1	0	0	PS/TC	12.8	2	2
Beal	Colin	M	10	julie.beal@	Chicopee S	10	Chicopee Ski Club	35	2	14.2	1.73	1.35	1.12	23.51	25.79	8.5	20	17	37	3	3	1	1	PS/	11.5	1	1
bruce	robbie	M	10	elizabeth-la	Craigleith S	10	Craigleith Ski Club	30	3	14.5	2.3	1.59	1.95	20.84	19.9	7.45			51	3	3	2	2	TC/	15	2	2
Denis	Sasha	M	7	lisaodoni@	Devil's Gle	7	Devil's Glen	24	1	13.4	1.34	1	1.1	32.8	31.5	8.6			52	2	2	0	1		12.3	1	1
Herauf	Eric	M	9	therauf@c	Horseshoe	9	Horseshoe Racing Club	32	3	12	1.73	1.5	1.47	25.54	23.36	7.9	31	20	51	1	1	1	1	TC/TC	9	1	1
HIEBERT	RYAN	M	10	lesleehall@	Horseshoe	10	Horseshoe Racing Club	19.5	3	12.2	1.52	1.21	1.21	25.1	25.74	8.1			43	3	3	0	1	TC/TC	11.4	1	1
Hollett	Reed	M	9	claired@n	Caledon S	9	Caledon Ski Club	25	1	13.7	1.82	1.48	1.34	21.21	21.84	6.9	29	22	51	1	1	2	1	TC/TC	14	3	1
kalins	william	M	8	kalins@syr	Horseshoe	8	Horseshoe Racing Club	21	2	14.5	1.77	1.57	1.23	26	26.03	7.5	21	16	37	3	3	0	1	TCPS/PS	12.6	1	1
kalins	mitchell	M	10	kalins@syr	Horseshoe	10	Horseshoe Racing Club	22	4	15.3	1.9	1.6	1.77	21	21.1	6.7	28	20	48	2	2	2	1	PS/PS	15.6	1	1
Mahler	Matt	M	9	mmahler@	Craigleith S	9	Craigleith Ski Club	32	4	14.1	1.61	1.4	1.34	25.08	26.17	7.4	28	23	51	2	2	2	1	TC/TC	13.6	0	1
McSherry	Rowan	M	10	jswilloughb	Chicopee S	10	Chicopee Ski Club	17	3	13.1	1.84	1.1	1.2	23.18	24.23	8.33			39	3	3	2	2	PS/	12.2	0	0
Owen	Harrison	M	9	davidowen	Chicopee S	9	Chicopee Ski Club	29	4	11	1.72	1.27	1.35	22.31	23.18	7.9			59	2	2	0	1	TC/TC	10.8	1	1
Quayle	Iain	M	10	adale@nor	Glacier Ski	10	Glacier Ski Club	30	3	14.7	1.37	1.21	0.91	24.84	25.1	7.5			50	1	1	1	1		15	2	2
REID	Ellis	M	6	jskireid@sy	Devil's Gle	6	Devil's Glen	30	1	13.1	1.58	1.04	1.2	26.7	23.79	8.1			27	3	3	1	1		12.2	0	0
speirs	andrew	M	9	mjspeirs@	Georgian P	9	Georgian Peaks Club	28	1	12.2	1.9	1.35	1.08	21.13	27.69	7.92			65	2	2	1	1	TC/PS	12.11	1	1
stone	brando	M	10	sstone@ie	Craigleith S	10	Craigleith Ski Club	30	3	13.8	1.88	1.35	1.25	23	22.29	7.5	30	42	72	2	1	2	1	TC/TC	11.6	0	0
Walton	Joshua	M	10	daniel.walt	Oshawa Sk	10	Oshawa Ski Club	32	3	13.8	1.52	1.21	1.21	24.84	23.7	8.1			54	2	2	2	2	TC//TCPS	12.4	2	2
White	Mitchell	M	7	rsw_kkw@	Georgian P	7	Georgian Peaks Club	28.5	4	13.5	1.85	1.63	1.72	23.81	23.67	7.9			67	1	1	1	1	TC/TC	13.1	1	1
				ldwoodcoc	Devil's Gle	9																					

Depth
0 = parallel
1 = below quarter
2 = quarter
3 = above quarter

Presences of dynamic valgus
0 = no presence of dynamic valgus
1 = mild
2 =moderate
3 = severe

Loss of Neutral Spine Position (you may have both)
TC = thoracic collapse
PS = pelvic shift
** on the recording sheet there was depth for the drop j

jump – IGNORE THIS