



Zybek Sports Standardized Athlete Test (SAT®) Results

IT'S ON YOU®



Fletcher Westphal		OL
Zybek Sports SAT® ID: 369684_Fletcher_Westphal		2024
Height:	6 ft 9.5 In.	Event
Weight:	310 lbs	NC22
Wing Span:	82	
Hand Size:	10.00	
Reach Height:	114	1/6/2022

Fletcher Westphal 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
1.888 Seconds	3.171 Seconds	5.512 Seconds	2.796 Seconds	5.390 Seconds		14.00 Inches	90 Inches

Zybek Sports SAT® Comparison and Targets for Fletcher Westphal

Average performance numbers

This year

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

10 YD Dash	20 YD Dash	40 YD Dash	ProAgility Split	ProAgility	3 Cone Drill	Vertical Jump	Broad Jump
2.198	3.657	6.455	2.949	5.601	9.989	18.1	76

How Fletcher Westphal compares to other 2024 OL

0.31 above average	0.486 above average	0.943 above average	0.153 above average	0.211 above average		Needs to be 4.1in Higher	14 inches above average
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Next year

Where Fletcher Westphal 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
2.111	3.499	6.140	2.856	5.440	9.746	19.3	79.7

What Fletcher Westphal needs to do by next year:

Is already 0.223 above average	Is already 0.328 above average	Is already 0.628 above average	Is already 0.06 above average	Is already 0.05 above average		Jump 5.3 inch higher next year	Is already 10 inches above average
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By College

Average performance measures for college athletes - OL position

10 YD Dash	20 YD Dash	40 YD Dash	ProAgility Split	ProAgility	3 Cone Drill	Vertical Jump	Broad Jump
1.936	3.173	5.505	2.618	4.988	8.966	25.4	97.0

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

Is already 0.048 above average	Is already 0.002 above average	Needs to be 0.007 faster	Be 0.178 faster by college	Be 0.402 faster by college		Jump 11.4 inches higher by college	Jump 7 inches further by college
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ZYBEK Sports



Zybek Sports SAT® 2020-2021 Information and Rank for Fletcher Westphal

Grade	Grad Year	Group Size
12	2021	3987
11	2022	4346
10	2023	3400
9	2024	1981
8	2025	1404
7	2026	1026
6	2027	728
5	2028	674
4	2029	560
3	2030	441
2	2031	371
1	2032	258

Numbers by graduation

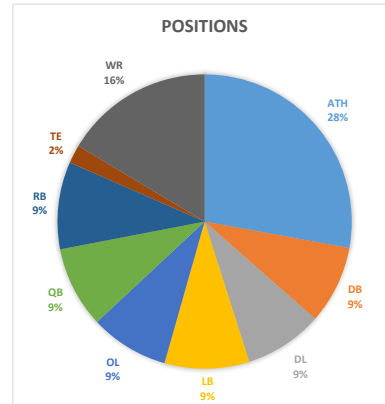
Numbers by Position	ATH	3801
	DB	1174
	DL	1175
	LB	1269
	OL	1179
	QB	1218
	RB	1308
TE	275	
WR	2238	
13,637		

Details for OL position group for Fletcher Westphal Average for OLs tested in 20/21

Grad. Year	Number	Height	Reach Height	Grade
2021	315	73.9	95.6	College
2022	359	72.8	93.4	12
2023	245	72.7	93.4	11
2024	131	71.8	92.7	10
2025	42	70.3	91.4	9
2026	30	67.8	88.7	8
2027	19	67.4	86.8	7
2028	8	62.4	83.0	6
2029	2	58.3	75.3	5
2030	2	52.0	64.7	4
2031	0	#####	#####	3

Averages for OL position group:

40 Yard	6.1 sec.	ProAgility	5.415 sec.
20 Yard	3.48 sec.	ProAgility Split	2.838 sec.
10 Yard	2.094 sec.	Broad Jump	83.06 in.
3-Cone	8.954 sec.	Vertical Jump	20.64 in.



Zybek Sports Rank and Recommendations for Fletcher Westphal

Compared to **13,637** Athletes tested 2020/2021

	10 YD Dash	20 YD Dash	40 YD Dash	ProAgility Split	ProAgility	3 Cone Drill	Vertical Jump	Broad Jump
Sample size	16447	16297	16646	15292	15436	11419	12716	16055
Rank	8083	8941	9137	11503	12267		11892	8292
Percentage	50.9%	45.1%	45.1%	24.8%	20.5%		6.5%	48.4%

Compared to **1,981** Athletes graduating in 2024 tested 2020/2021

	10 YD Dash	20 YD Dash	40 YD Dash	ProAgility Split	ProAgility	3 Cone Drill	Vertical Jump	Broad Jump
Sample size	1578	1553	1593	1604	1616	1003	1438	1572
Rank	777	851	856	1195	1328		1400	735
Percentage	50.8%	45.2%	46.3%	25.5%	17.8%		2.6%	53.2%

Compared to **1,179** OLs tested 2020 / 2021

	10 YD Dash	20 YD Dash	40 YD Dash	ProAgility Split	ProAgility	3 Cone Drill	Vertical Jump	Broad Jump
Sample size	1006	1002	1006	984	988	615	817	905
Rank	90	135	159	442	578		763	298
Percentage	91.1%	86.5%	84.2%	55.1%	41.5%		6.6%	67.1%

Compared to **131** all 2024 OL athletes tested 2020 / 2021

	10 YD Dash	20 YD Dash	40 YD Dash	ProAgility Split	ProAgility	3 Cone Drill	Vertical Jump	Broad Jump
Sample size	107	107	107	111	111	62	97	101
Rank	9	16	16	43	65		95	29
Percentage	91.6%	85.0%	85.0%	61.3%	41.4%		2.1%	71.3%

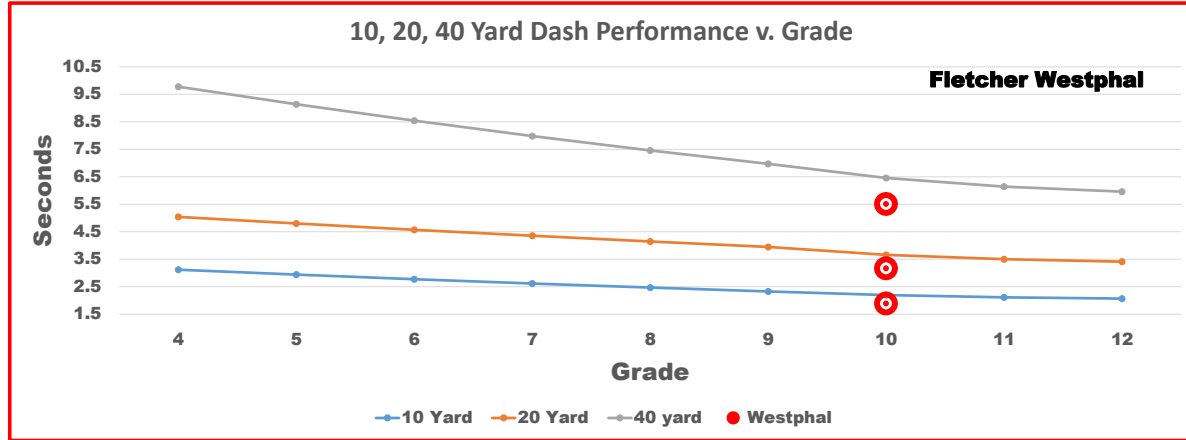
Recommendations for Fletcher Westphal

	10 YD Dash	20 YD Dash	40 YD Dash	ProAgility Split	ProAgility	3 Cone Drill	Vertical Jump	Broad Jump
Current Performance	1.888	3.171	5.512	2.796	5.390		14.00	90
Suggested Target	1.888	3.139	5.292	2.712	5.121		19.3	91.8
Improvement	Malntain	0.032	0.220	0.084	0.270		5.270	1.8

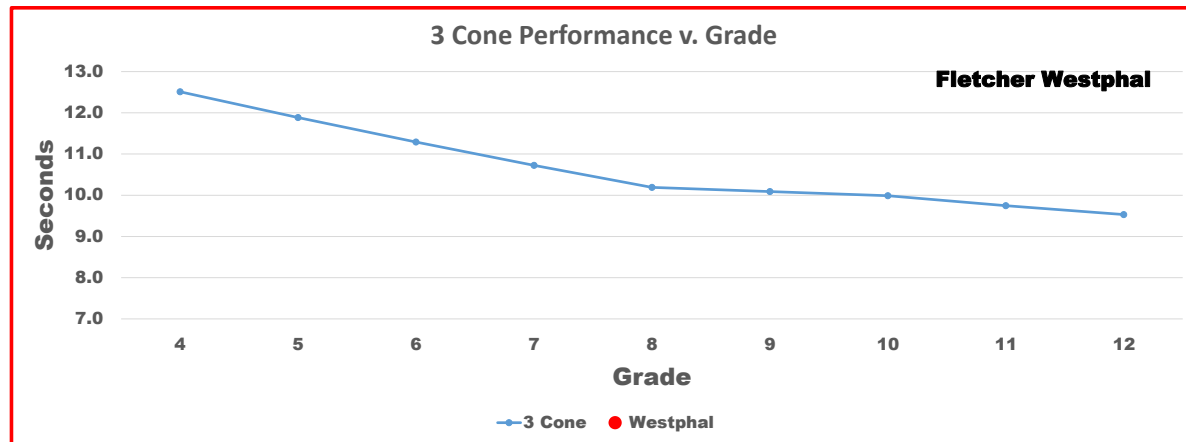


Zybek Sports SAT® Comparison and Targets for Fletcher Westphal

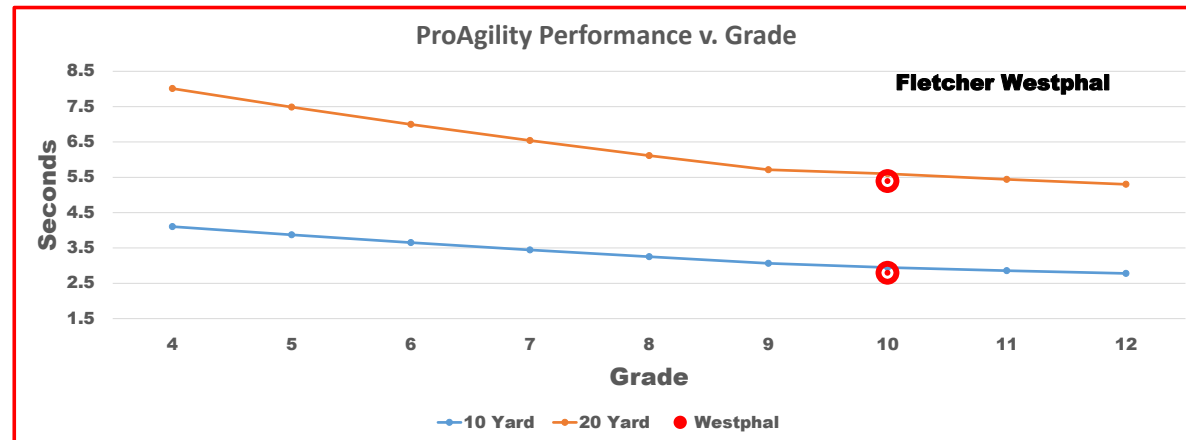
This graph illustrates how Fletcher Westphal compares to the other OLs in the 40 yard dash by grade



This graph illustrates how Fletcher Westphal compares to the other OLs in the 3-Cone by grade



This graph illustrates how Fletcher Westphal compares to the other OLs in the ProAgility by grade



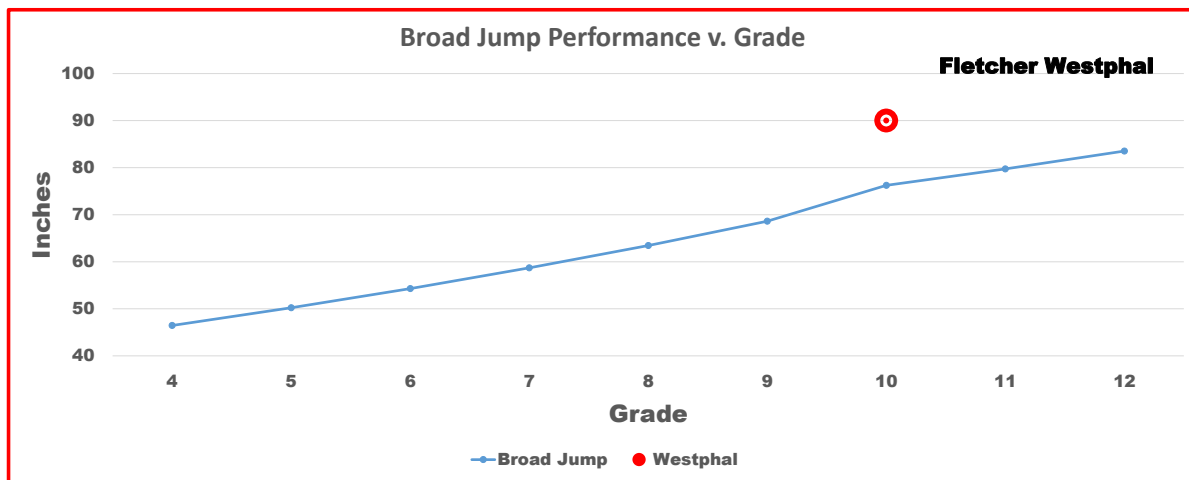


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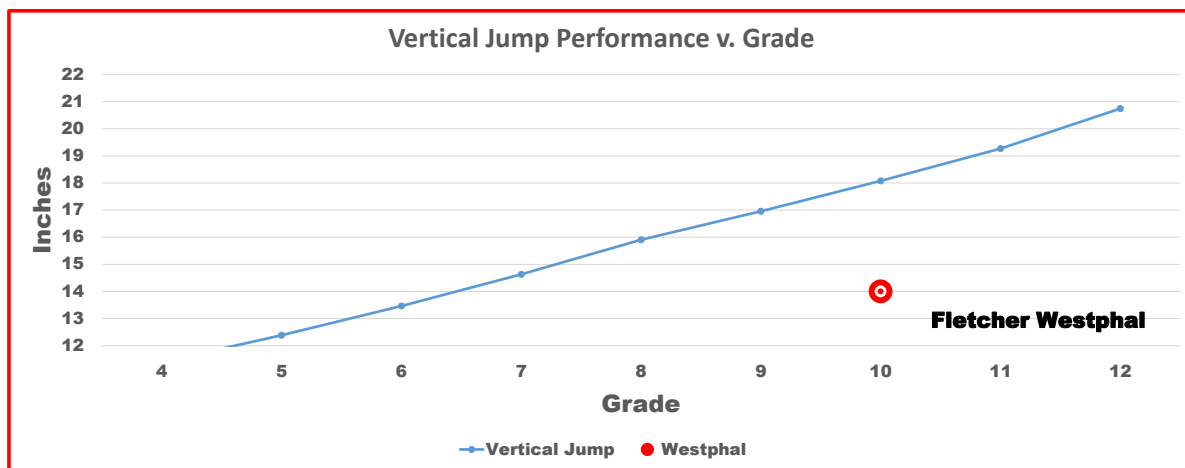
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SAT[®] Comparison and Targets for Fletcher Westphal

This graph illustrates how Fletcher Westphal compares to the other OLs in the Broad Jump by grade



This graph illustrates how Fletcher Westphal compares to the other OLs in the Vertical Jump by grade





It's On You®

Athlete Performance

Fletcher Westphal

Tuscarora High School

Position: OL

Graduation: 2024

SAT®

Performance Results

Athlete ID
369684_Fletcher_Westphal

Height: 6 ft 9.5 In.
Weight: 310 lbs
Hand Size: 10 In.
Reach Height: 114 In
Wing Span: 82.25 In.

	Full Electronic	Estimated Hand Start	Seconds
40 Yard	5.512	5.427	
20 Yard	3.171	3.086	
10 Yard	1.888	1.803	
ProAgility	5.390	5.335	
ProAgility Split	2.796	2.741	
3 Cone			
Broad Jump	90.0	Inches	
Max Jump	128.0		
Vertical Jump	14.0		



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SAT® Testing Event:

NC22

1/6/2022

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.