



THE SCIENCE BEHIND
PERFORMANCE



Austin Pratt

Athlete Information

School
Liberty High School

WR

Location
Bakersfield , CA Class
2022

Height
5' 8 1/2" Weight
155 lbs

Athlete Combine Results

10 Yard 1.771 Seconds	20 Yard 2.914 Seconds	40 Yard 5.039 Seconds	20 YD Shuttle 4.735 Seconds	3 Cone Drill 7.187 Seconds	Vertical Jump 27.0 Inches	Broad Jump 94 Inches
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SAT® Comparison and Targets

for 2022 WR

Average Performance Measures

10 YD Dash	20 YD Dash	40 YD Shuttle	ProAgility	3 Cone Drill	Vertical Jump	Broad Jump
1.856	3.074	5.348	4.790	7.806	23.9	94

Average 2022 WR

1.763	2.934	5.084	4.562	7.420	26.9	102
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Top 20% 2022 WR

Athlete Percentile for Performance Measures for 2022 WR

10 YD Dash	20 YD Dash	40 YD Dash	ProAgility	3 Cone Drill	Vertical Jump	Broad Jump
78%	83%	84%	58%	91%	80%	49%

2019 Athlete Performance Targets for Austin Pratt

For Austin Pratt to be at the average WR level for his class

10 YD Dash	20 YD Dash	40 YD Shuttle	ProAgility	3 Cone Drill	Vertical Jump	Broad Jump
The times should be:					The distance jumped should be:	
1.856	3.074	5.348	4.790	7.806	23.9	94
Your measured performance numbers are:					Your measured jump was:	
1.771	2.914	5.039	4.735	7.187	27.0	94
Your measured performance numbers need to be:					Your jump needs to be:	
Maintained	Maintained	Maintained	Maintained	Maintained	Maintained	0 inches farther
For Austin Pratt to be at the average WR level for his class						

For Austin Pratt to be in the top 20% of WRs for his class

10 YD Dash	20 YD Dash	40 YD Shuttle	ProAgility	3 Cone Drill	Vertical Jump	Broad Jump
The times should be:					The distance jumped should be:	
1.763	2.934	5.084	4.562	7.420	26.9	102
Your measured performance numbers are:					Your measured jump was:	
1.771	2.914	5.039	4.735	7.187	27.0	94
Your measured performance numbers need to be:					Your jump needs to be:	
0.008 Faster	Maintained	Maintained	0.173 Faster	Maintained	Maintained	8 inches farther
For Austin Pratt to be in the top 20% of WRs for his class						

2020 Athlete Performance Targets for Austin Pratt

For Austin Pratt to be at the average WR level next school year:

10 YD Dash	20 YD Dash	40 YD Shuttle	ProAgility	3 Cone Drill	Vertical Jump	Broad Jump
The times should be:					The distance jumped should be:	
1.820	3.004	5.195	4.711	7.666	25.7	99
Your measured performance numbers are:					Your measured jump was:	
1.771	2.914	5.039	4.735	7.187	27.0	94
Your measured performance numbers need to be:					Your jump needs to be:	
Maintained	Maintained	Maintained	0.024 Faster	Maintained	Maintained	5 inches farther
For Austin Pratt to be at the average WR level next school year						

For Austin Pratt to be in the top 20% of WRs next school year:

10 YD Dash	20 YD Dash	40 YD Shuttle	ProAgility	3 Cone Drill	Vertical Jump	Broad Jump
The times should be:					The distance jumped should be:	
1.688	2.846	4.950	4.464	7.281	28.8	107
Your measured performance numbers are:					Your measured jump was:	
1.771	2.914	5.039	4.735	7.187	27.0	94
Your measured performance numbers need to be:					Your jump needs to be:	
0.083 Faster	0.068 Faster	0.089 Faster	0.271 Faster	Maintained	1.8 inches higher	13 inches farther
For Austin Pratt to be in the top 20% of WRs next school year:						

College Performance Targets for Austin Pratt

For Austin Pratt to be at the average WR level playing in a D1 or D2 College Team:

10 YD Dash	20 YD Dash	40 YD Shuttle	ProAgility	3 Cone Drill	Vertical Jump	Broad Jump
The times should be:					The distance jumped should be:	
1.702	2.782	4.773	4.381	7.150	32.9	117
Your measured performance numbers are:					Your measured jump was:	
1.771	2.914	5.039	4.735	7.187	27.0	94
Your measured performance numbers need to be:					Your jump needs to be:	
0.069 Faster	0.132 Faster	0.266 Faster	0.354 Faster	0.037 Faster	5.9 inches higher	23 inches farther
For Austin Pratt to be at the average WR level playing in a D1 or D2 College Team:						

For Austin Pratt to be in the top 20% of WRs playing in a D1 or D2 College Team:

10 YD Dash	20 YD Dash	40 YD Shuttle	ProAgility	3 Cone Drill	Vertical Jump	Broad Jump
The times should be:					The distance jumped should be:	
1.635	2.686	4.609	4.213	6.892	35.7	123
Your measured performance numbers are:					Your measured jump was:	
1.771	2.914	5.039	4.735	7.187	27.0	94
Your measured performance numbers need to be:					Your jump needs to be:	
0.136 Faster	0.228 Faster	0.43 Faster	0.522 Faster	0.295 Faster	8.7 inches higher	29 inches farther
For Austin Pratt to be in the top 20% of WRs playing in a D1 or D2 College Team:						