

WSU SHOCKER BOWLING PHYSICAL TEST (PT) EXPLANATION

These statistics are kept as part of the WSU Shocker bowling tryouts.

This information will be used by the coaching staff to make team selection decisions.

An athlete's performance is graded against an established rubric based on his or her age; points are awarded accordingly. The maximum score for each category is 100; therefore the maximum score possible is 300.

- All players who participate in the tryout process are given a tryout number. Players without a number were granted exemptions but partook in the physical test for further team training.

LAPS – This column is used to help keep track of the number of laps an athlete has run. Disregard for statistical use.

AGE – This is the participant's age at the time of the test.

PU – This is the number of push-ups the athlete has completed within the two-minute window.

SU – This is the number of sit-ups the athlete has completed within the two-minute window.

RUN/T – This is how long it took the athlete to complete a timed two-mile run. For example, 19.30 means an athlete completed their two miles in 19 minutes and 30 seconds.

PTS – This is the number of points awarded for the athlete's performance.

TOTAL – This is the sum of all the points – push-ups, sit-ups, and the run time.