



STRENGTH & CONDITIONING

APRIL 2022

RUTHLESS

HONEST

FAMILY

GOALS & MONITORING



Markers of speed, strength and fitness

DUNDEE

BRONCO (588m)

Team average – **4min 40s**

10m SPRINT

Team average – **3.92s**

WYTON

BRONCO (588m)

Team average – **4min 18s**

↓
7.9%

10m SPRINT

Team average – **3.71s**

↓
5.4%

MED BALL PASS

Team average LEFT – **197.1cm**

Team average RIGHT – **194.2cm**

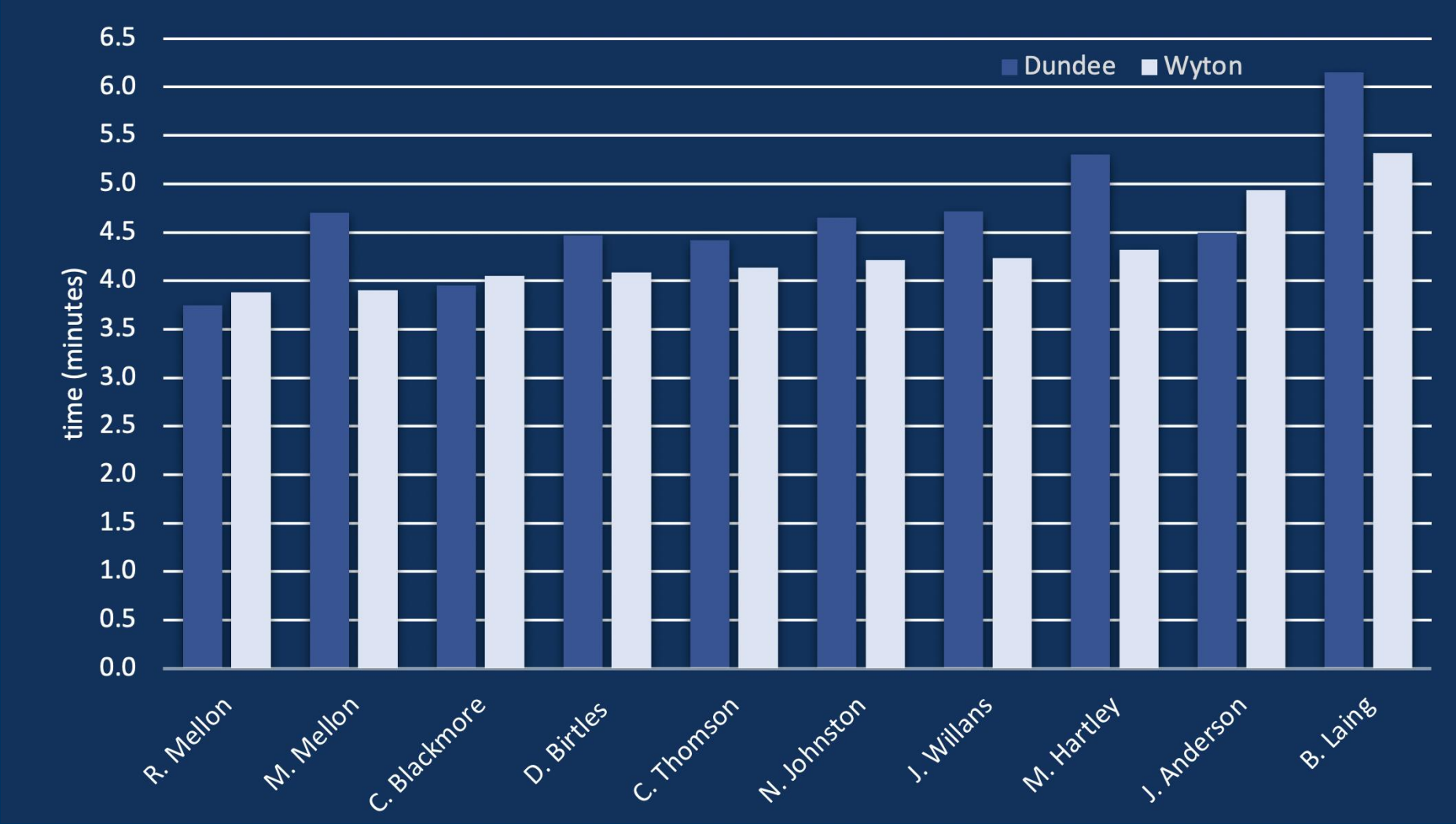
Team average CHEST – **160.3cm**

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CHANGE IN BRONCO - DUNDEE '21 AND WYTON '22

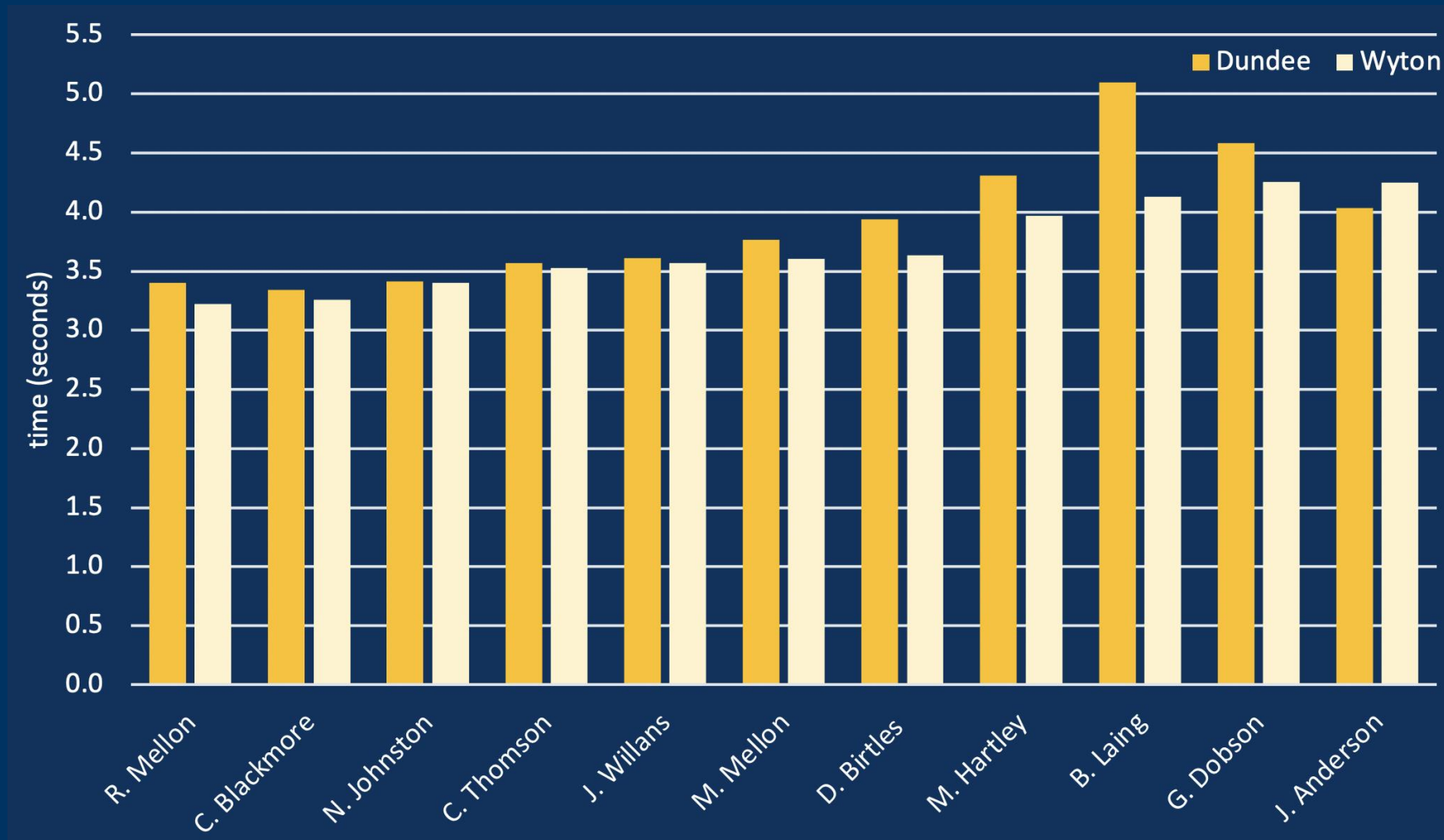


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CHANGE IN 10M SPRINT - DUNDEE '21 AND WYTON '22



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SPOTLIGHT PLAYERS



Most Improved BRONCO		% improvement	time change (s)
1	M. Hartley	18.4	58.52
2	M. Mellon	17.2	48.5
3	B. Laing	13.6	50.36
4	J. Willlans	10.2	28.88
5	N. Johnston	9.3	25.89

Most Improved SPRINT		% improvement	time change (s)
1	B. Laing	19.0	0.97
2	M. Hartley	7.9	0.34
2	D. Birtles	7.9	0.31
4	G. Dobson	7.2	0.33
5	R. Mellon	5.6	0.18

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PLAYER LEADERBOARD



Quickest BRONCO	time (min.s)
1 R. Mellon	3.45
2 M. Mellon	3.54
3 C. Blackmore	3.57
4 D. Birtles	4.05
5 C. Thomson	4.08

Quickest SPRINT	time (s)
1 R. Mellon	3.22
2 C. Blackmore	3.26
2 S. Ahmed	3.33
4 P. Lauder	3.38
5 N. Johnston	3.40

MED BALL TOSS	distance (cm)*
1 M. Mellon	918
2 P. Lauder	771
3 J. Willans	646
4 R. Mellon	589
5 N. Johnston	564

*combined distance of LEFT, RIGHT, and CHEST

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GOALS MOVING FORWARD – S.M.A.R.T.



PROCESS

ACCOUNTABILTY

PERFORMANCE

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S

Specific

What is your goal?
Can you define
it as clearly
as possible?

M

Measurable

How will
you measure
your success?
What metrics
will you use?

A

Attainable

Is your goal
achievable?
What roadblocks
will you face?

R

Relevant

Is the goal
relevant to
your company?
Is it worth
targeting?

T

Time-bound

How long will
it take you
to complete
your goal?
What's your
roadmap going
forward?

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