



# Report Card

**NAME** Alex Simos  
 5' 7" 125  
**Height** **Weight**  
**Coach**

**GROUP** WK 3 SS D  
**Position** LSF

**Y.O.B.**  
**Asst. Coach**

## Select Series Week 3

### COACHES EVALUATION

For the skills below, MHC uses a 1-5 rating system where 5 is best.

#### Rating

3 **Stick**

Ability to control your opponent in all zones with leverage and stick positioning. When handling the puck, the player has the ability to protect the puck down low in either the offensive or defensive zone and create time and space for yourself. Have a competitively mean and quick stick. Example: Forwards --> faceoffs  
 Defensemen --> Keeping stick in passing lanes

3 **Strength**

Your overall strength on the ice, but more importantly how you use that strength. Remember that your work in the weight room will improve and translate to your overall hockey strength and play. Leverage and body control are the keys to maximizing your hockey strength. Example: Defensemen --> Ability to move opposing players out of scoring areas. Ability to fight through checks. Forwards --> Ability to fend off your opposition to get to the net. Ability to fight through checks.

### Non Goalie Skills Evaluation

3 **Substance**

Love for the game, a passion to train hard, the want to get quicker, faster, stronger. The skill to find a way to do something out of the ordinary every shift in games or practice. Do you have the mental toughness to get through the rigors of each day to be the best player you can be? Do you recognize that money follows passion?

The ability to grasp drills and hockey-related



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4 **Sense**

concepts in practice as they relate to game situations. The best way to acquire and develop your hockey IQ is mostly done by doing drills repeatedly and, more importantly, watching high level hockey players in game situations. Your mind subconsciously will emulate what you see in the best players. Example: Video clips

4 **Skating**

The ability to get from Point A to Point B quickly and effectively. Evaluated six ways: agility, balance, efficiency, acceleration, stamina, and speed. How fast is your mind telling your feet when go?

3 **Stick Skills**

Stickhandling skills & firm, crisp, and on the tape passing, receiving passes on forehand & backhand. The ability to make different types of passes as in area, catch-up, clearing, saucer, and space passes along with forehand and backhand passes. Knowing the right time to carry versus the correct time to pass. Every bad pass in the NHL becomes a good pass.

4 **Shooting**

The ability to release the puck quickly, accurately & hard in all six different shots. More importantly, the ability to know what shot to use at the appropriate time and situation to create your best scoring chance. Shots to master: Slap shot, wrist shot, snap shot, backhand, re-direct, and one-timer.

## Goalie Skills Evaluation

**Fundamentals**

**Athletic Ability**

**Movement**

**Puck Tracking**

**Competitiveness**

**Coach Comments:** None



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| <b>MHC INDIVIDUAL PERFORMANCE EVALUATION</b> |        |        |      |          |      |              |              |        |        |                  |             |              |              |         |         |         |
|--|--------|--------|------|----------|------|--------------|--------------|--------|--------|------------------|-------------|--------------|--------------|---------|---------|---------|
|  | LOG 15 | LOG 30 | VERT | 40Y DASH | MILE | SPEED ON ICE | QUICK ON ICE | GRIP R | GRIP L | BODY WT HIP SLED | 150LB BENCH | STATIC JUMP1 | STATIC JUMP2 | 4 JUMP1 | 4 JUMP2 | 4 JUMP3 |
| Entry  |        |        |      |          |      | 1.82         | 4.01         |        |        |                  |             |              |              |         |         |         |
| Exit   | 8.50   | 52     | 17   |          |      |              |              | 80     | 80     |                  |             | .59          | .61          | .28     | 2       | 15.7    |

| <b>MHC PERFORMANCE COMPARISON CHARTS</b> |              |       |       |       |       |       |       |       |       |       |       |       |       |
|--|--------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
|  | Overall Camp | 17    |       | 16    |       | 15    |       | 14    |       | 13    |       | 12    |       |
|  | BEST         | BEST  | MEAN  |
| LOG 15                                   | 5.94         | 5.94  | 8.07  | 6.5   | 8.9   | 6.06  | 9.3   | 6.63  | 10.61 | 7.47  | 12.14 | 7.41  | 13.35 |
| LOG 30                                   | 72           | 72    | 54    | 64    | 49    | 67    | 47    | 64    | 42    | 60    | 35    | 57    | 32    |
| GRIP R                                   | 200+         | 160   | 90    | 180   | 80    | 140   | 75    | 125   | 55    | 75    | 45    | 100   | 40    |
| GRIP L                                   | 200+         | 160   | 85    | 180   | 75    | 135   | 65    | 105   | 50    | 95    | 45    | 100   | 35    |
| VERT. J                                  | 31           | 31    | 22    | 28    | 21    | 25    | 19    | 25    | 17    | 22    | 16    | 21    | 15    |
| MILE                                     | 05:30        | 05:30 | 06:13 | 05:40 | 06:40 | 05:45 | 07:29 | 05:51 | 09:28 | 06:39 | 09:40 | 06:41 | 11:51 |
| SPEED                                    | 1.42         | 1.47  | 1.65  | 1.47  | 1.74  | 1.5   | 1.8   | 1.64  | 1.92  | 1.68  | 2.01  | 1.79  | 2.08  |
| QUICK                                    | 3.13         | 3.31  | 3.55  | 3.37  | 3.71  | 3.45  | 3.82  | 3.52  | 4.03  | 3.57  | 4.16  | 3.73  | 4.28  |
| 4J1                                      | 0.2          | 0.25  | 0.46  | 0.2   | 0.47  | 0.23  | 0.49  | 0.25  | 0.53  | 0.26  | 0.54  | 0.24  | 0.45  |
| 4J2                                      | 2.86         | 2.64  | 1.47  | 2.43  | 1.43  | 2.47  | 1.33  | 2.01  | 1.17  | 2.09  | 1.09  | 1.96  | 1.12  |
| 4J3                                      | 30.2         | 27.2  | 19.38 | 25    | 17.98 | 22.4  | 17.03 | 20.1  | 15.8  | 19.2  | 14.5  | 19.4  | 14.23 |
| TIRES R                                  | 14.16        | 14.81 | 16.81 | 14.53 | 17.37 | 15.87 | 17.93 | 15.5  | 18.23 | 16.53 | 19.75 | 16.22 | 20.34 |
| TIRES L                                  | 14.65        | 14.65 | 16.86 | 15.16 | 17.3  | 15.34 | 17.89 | 16.09 | 18.02 | 16.37 | 19.71 | 16.38 | 20.43 |
| TIRES SQU                                | 8.81         | 8.81  | 10.41 | 9.19  | 10.93 | 9.59  | 11.22 | 9.81  | 11.92 | 9.94  | 12.59 | 10.25 | 12.72 |