

APPENDIX B PERFORMANCE SCORE CALCULATION EXAMPLE



PERFORMANCE SCORE RUBRIC						
	ATHLETE 1	ATHLETE 2	ATHLETE 3	ATHLETE 4	ATHLETE 5	ATHLETE 6
1. QUANTITATIVE SCORE - MAX 12 POINTS (80% Weighting)						
A: APE score / 100	9.45	9.03	9.08	9.53	9.28	8.80
B: Previous Results Score	2.00	1.00	0.00	1.00	0.00	1.00
Sub Total:	11.45	10.03	9.08	10.53	9.28	9.80
WEIGHTED QUANTITATIVE SCORE TOTAL:	15.27	13.37	12.11	14.04	12.37	13.07
2. QUALITATIVE SCORE - MAX 8 POINTS (20% Weighting)						
The Athlete's Demonstrated:						
A: Commitment to BCS programs	1	0	0	0	-1	1
B: Ability to take personal responsibility for self and their results	1	0	0	0	0	1
C: Ability to work within a team structure	1	0	0	0	0	1
D: Understanding and respect for their position on a Canadian National Team	1	0	0	0	-1	1
E: Willingness to promote BCS in a positive manner	0	0	1	0	-1	1
F: Contribution towards a positive daily training/competition environment	0	0	0	0	0	1
G: Respect towards BCS coaches and staff	0	0	1	0	-1	1
H: Respect towards their fellow teammates	0	-1	1	0	0	1
Sub Total:	4.00	-1.00	3.00	0.00	-4.00	8.00
WEIGHTED QUALITATIVE SCORE TOTAL:	2.00	-0.50	1.50	0.00	-2.00	4.00
PERFORMANCE SCORE TOTAL	17.27	12.87	13.61	14.04	10.37	17.07

APE SCORE CALCULATION	ATHLETE 1	ATHLETE 2	ATHLETE 3	ATHLETE 4	ATHLETE 5	ATHLETE 6
	VALUE SCORE	VALUE SCORE	VALUE SCORE	VALUE SCORE	VALUE SCORE	VALUE SCORE
ANTHROPOMETRIC						
HEIGHT	186 96	179 89	180 90	182 92	183 93	187 97
WEIGHT	103 93	104 94	100 90	99 89	104 94	109 99
Sub Total	47.25	45.75	45.00	45.25	46.75	49.00
ABSOLUTE STRENGTH						
POWER CLEAN	140 86	130 82	150 90	140 86	140 86	160 94
BENCH PRESS	143 88	186 97	143 88	193 98	152 90	138 87
Sub Total	130.50	134.25	133.50	138.00	132.00	135.75
ELASTIC STRENGTH						
STANDING LONG	3.14 89	3.14 89	3.13 89	3.10 88	3.01 85	3.22 93
UHF HEAVE	19.80 99	18.15 92	18.78 95	18.80 95	18.73 94	18.20 92
Sub Total	141.00	135.75	138.00	137.25	134.25	138.75
SPEED						
15m	2.12 93	2.09 96	2.10 95	2.09 96	2.07 98	2.14 91
30m	3.66 89	3.66 89	3.65 90	3.66 89	3.66 89	3.78 77
30m FLY	3.00 90	3.07 83	2.97 93	2.96 94	3.09 81	3.17 73
Sub Total	226.67	223.33	231.67	232.50	223.33	200.83
SINGLE PUSH						
SINGLE PUSH	4.98 100	5.09 91	5.10 90	4.99 100	5.02 98	5.11 89
Sub Total	400.00	364.00	360.00	400.00	392.00	356.00
APE SCORE	945	903	908	953	928	880