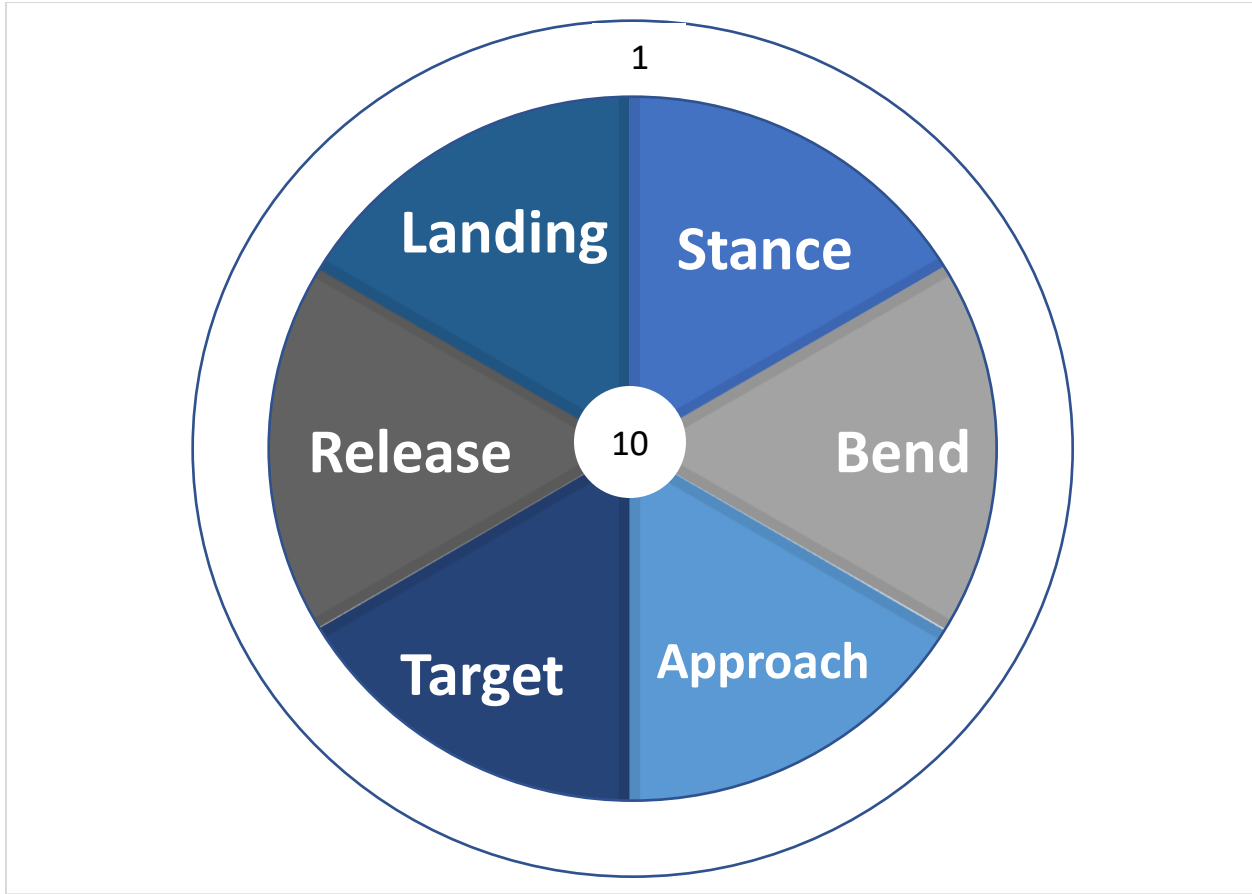


Mental Markers



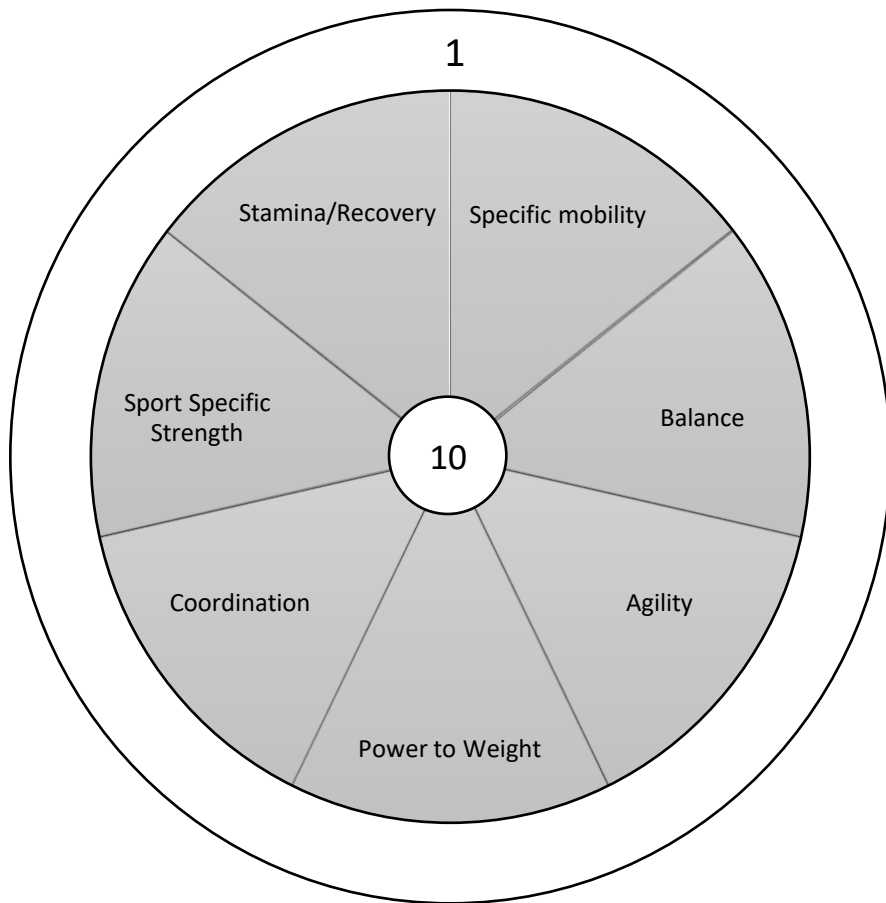
Mental	Current
Focus	
Confidence	
Awareness	
Processing Speed	
Presence	
Desire	
Decisions	

Technical Markers



Technical	Current
Stance	
Bend	
Approach	
Target	
Release	
Landing	

Physical Markers



Physical	Current
Specific mobility	
Balance	
Agility	
Power to Weight Ratio	
Coordination (footwork)	
Sport specific strength	
Stamina/recovery	