

# Example EPIC Combine Index Rating and Five Star Rating

In this example we have purposely provided data that would generate around 450 points on each test to give you an idea of the performance needed for a 200 lb. athlete to have a balanced profile. Only the first three tests identify talent for power sports. Consult the EPIC Five Star Rating for your sport.

Vertical Jump :*	30	451.81
Pro Agility :*	4.21	453
Ten Yard :*	1.66	458
<b>EPIC Combine Index Rating</b>		<b>1362.81</b>

If the athlete in our example is a football player he posted a ONE STAR EPIC Rating.

<b>Boy's</b>	<b>Football</b>	<b>Baseball</b>	<b>Basketball</b>	<b>Track</b>	<b>Wrestling</b>	<b>Gymastics</b>	<b>Tennis</b>
<b>Five Star</b>	1950	1725	1725	1500	1275	1125	1050
<b>Four Star</b>	1800	1575	1575	1350	1200	1050	975
<b>Three Star</b>	1650	1425	1425	1200	1125	975	900
<b>Two Star</b>	1500	1275	1275	1125	1050	900	825
<b>One Star</b>	1350	1125	1125	1050	975	825	750

  

<b>Girl's</b>	<b>Volleyball</b>	<b>Softball</b>	<b>Basketball</b>	<b>Track</b>	<b>Soccer</b>	<b>Swimming</b>	<b>Tennis</b>
<b>Five Star</b>	1650	1500	1575	1800	1575	900	1125
<b>Four Star</b>	1500	1350	1425	1650	1425	825	1050
<b>Three Star</b>	1350	1200	1275	1500	1275	750	975
<b>Two Star</b>	1200	1125	1125	1350	1125	675	900
<b>One Star</b>	1050	900	975	1200	975	600	825

<b>Index Points for additional Tests</b>			
40 Yard Dash	4.87		451
Broad Jump:	115		439
Squat:	Poundage	<input type="text" value="355"/> <input type="text" value="9"/> Reps	469
Incline press:	Poundage	<input type="text" value="200"/> <input type="text" value="3"/> Reps	452
Bench press:	Poundage	<input type="text" value="250"/> <input type="text" value="5"/> Reps	450
Hang Clean:	Poundage	<input type="text" value="265"/> <input type="text" value="3"/> Reps	454