



## Agility Dribbling Shuttle

**Description:** Each athlete was given two rounds of running the agility dribbling shuttle. The starting point was at the baseline. The athlete dribbled through a course of five cones and finished at the half court line. The athlete had to dribble around each cone in a circular movement before continuing to the next cone. The agility dribble shuttle is used to measure the athlete's dribbling skills, speed and agility .

First	Last	High School	Dribble-1	Dribble-2	Average
Spencer	Anderson	Palos Verdes	20.10	19.56	19.83
Andrew	Avalas	Corona H.S.	20.16	19.68	19.92
Mauro	Ormedilla	Westlake H.S.	20.22	19.69	19.96
London	Pluimer	Capistrano Valley	20.25	19.88	20.07
Cory	Torregano	Montgomery	20.53	20.16	20.35
Cameron	Wharton	Arroyo Valley H.S.	21.03	20.00	20.52
Andrew	Carrera	Santa Paula	21.00	20.05	20.53
Bryan	Emanuez	Mayfair	20.96	20.12	20.54
Justin	Clardy	Junipero Serra H.S.	21.47	19.68	20.58
Wayne	Chapman	Bellflower	21.25	20.00	20.63
Nathaniel	Olison	Royal	20.31	20.94	20.63
Shaun	Markley	Estancia	21.19	20.16	20.68
Alexander	Dantzler	Quartz Hill H.S.	21.92	19.47	20.70
Michael	Williams	La Seirra	21.24	20.19	20.72
Zach	Anaya	Yucca Valley	21.24	20.25	20.75
Tre	Brewer	Alta Loma H.S.	21.19	20.37	20.78
Matt	Luper	Frazier Mountain H.S.	21.16	20.41	20.79
Brandon	Moreland	Damien H.S.	20.88	20.82	20.85
Ahmed	Sedam	Gladstone	21.87	19.85	20.86
Cameron	Cochrell	Valley Christian H.S.	20.97	20.90	20.94
Reginald	Richardson	Torrance	21.60	20.34	20.97
Thomas	Bradford	Woodcrest Christian	21.16	20.78	20.97
Brandon	Parker	Alta Loma	21.69	20.29	20.99
Philip	Ost	Clairemont	22.04	19.94	20.99
Anthony	Huntley	Bishop Amat	22.10	19.89	21.00
Devin	Hechanova	Torrance H.S.	21.56	20.50	21.03
Aubrey	McAlpine	St. Bernard H.S.	21.70	20.37	21.04
Jake	Ruff	Calvary Baptist	22.00	20.10	21.05
Kenny	Albritton	Verbum Dei H.S.	22.28	19.90	21.09
Collin	Tuilelufuga	Paramount H.S.	21.50	20.79	21.15
Ling Fung	Sin	San Gabriel Academy	22.66	19.78	21.22
Antwan	Thompson	Culver City	21.54	20.93	21.24
Eric	Imperio	Arrowhead Christian Aca.	21.53	20.97	21.25
Daniel	Phair	El Camino H.S.	21.28	21.28	21.28
Myron	Taylor	Montclair H.S.	21.97	20.63	21.30
Patrick	Eveland	San Pasqual	21.98	20.69	21.34
Markese	Henry	Pacific H.S.	21.81	20.97	21.39
Jeff	Allen	Claremont	21.65	21.19	21.42
Preston	LaMarco	Hesperia Christian H.S.	21.16	21.75	21.46
Robert	Perry	Otay Ranch	22.03	20.90	21.47

<b>Jose</b>	<b>Lara</b>	Santa Paula Union	22.06	20.97	<b>21.52</b>
<b>Kevin</b>	<b>Olivares</b>	Bishop Amat Memorial	21.97	21.19	<b>21.58</b>
<b>Valentine</b>	<b>Ike</b>	Nono	22.03	21.19	<b>21.61</b>
<b>Brandon</b>	<b>Jones</b>	Pacific	22.31	21.15	<b>21.73</b>
<b>Chet</b>	<b>Wyche</b>	Valencia H.S.	22.47	21.00	<b>21.74</b>
<b>Ralph</b>	<b>Monday</b>	Blair H.S.	22.62	20.87	<b>21.75</b>
<b>Brian</b>	<b>Mancilla</b>	Damien	24.50	19.00	<b>21.75</b>
<b>Richard</b>	<b>English</b>	Upland H.S.	22.06	21.50	<b>21.78</b>
<b>Michael</b>	<b>Clue</b>	Bishop Amat H.S.	22.57	21.00	<b>21.79</b>
<b>Korey</b>	<b>Wagoner</b>	Temescal Canyon H.S.	23.20	20.41	<b>21.81</b>
<b>Jorge</b>	<b>Gonzalez</b>	Pioneer	22.84	20.93	<b>21.89</b>
<b>Justin</b>	<b>Jerry</b>	Carter	22.13	21.65	<b>21.89</b>
<b>Nicolas</b>	<b>Giraud</b>	Pioneer	22.62	21.22	<b>21.92</b>
<b>Scott</b>	<b>Jones</b>	La Salle H.S.	22.22	21.65	<b>21.94</b>
<b>Tyler</b>	<b>Thompson</b>	Kern Valley H.S.	22.31	21.66	<b>21.99</b>
<b>Alex</b>	<b>McCarthy</b>	Clairemont	23.03	21.09	<b>22.06</b>
<b>Neil</b>	<b>Dejesus</b>	Glendale H.S.	23.72	20.41	<b>22.07</b>
<b>Charles</b>	<b>Adams</b>	Yucca Valley H.S.	22.88	21.34	<b>22.11</b>
<b>Charles</b>	<b>Hinkle</b>	Los Alamitos	22.47	21.78	<b>22.13</b>
<b>Matthew</b>	<b>Bremont</b>	Notre Dame H.S.	22.66	21.79	<b>22.23</b>
<b>Dexter</b>	<b>McDuffie</b>	Otay Ranch	24.10	20.43	<b>22.27</b>
<b>Charles</b>	<b>Dickson</b>	Catherdral H.S.	23.40	21.34	<b>22.37</b>
<b>P.</b>	<b>Salcido</b>	Calvary Baptist	22.62	22.15	<b>22.39</b>
<b>Gordon</b>	<b>Cooper Jr.</b>	San Jacinto	23.18	21.59	<b>22.39</b>
<b>Perry</b>	<b>Thomas</b>	Norwalk H.S.	23.84	20.94	<b>22.39</b>
<b>Nick</b>	<b>Cardona</b>	San Pasqual	22.22	22.56	<b>22.39</b>
<b>Albert</b>	<b>Edwards</b>	La Quinta	23.07	21.72	<b>22.40</b>
<b>Brian</b>	<b>Lantos</b>	Oak Park	22.81	22.00	<b>22.41</b>
<b>Alex</b>	<b>Lopez</b>	Valley Christian	23.15	21.69	<b>22.42</b>
<b>Christian</b>	<b>Velasco</b>	Montclair	23.40	21.59	<b>22.50</b>
<b>Cedric</b>	<b>Hicks</b>	North High	23.53	21.47	<b>22.50</b>
<b>Mauricio</b>	<b>Lucero</b>	Calexico H.S.	23.78	21.25	<b>22.52</b>
<b>Kelley</b>	<b>Chapman</b>	La Sierra	22.50	22.91	<b>22.71</b>
<b>Christian</b>	<b>Goudeau</b>	Frazier Mountain H.S.	23.15	22.35	<b>22.75</b>
<b>Joshua</b>	<b>Glover</b>	Redondo Union	22.88	23.13	<b>23.01</b>
<b>Joshua</b>	<b>Johnson</b>		23.62	22.56	<b>23.09</b>
<b>Ethan</b>	<b>Jones</b>	Valencia	23.44	22.81	<b>23.13</b>
<b>Stephen</b>	<b>Bernabe</b>	Cathedral H.S.	24.16	22.16	<b>23.16</b>
<b>Brandon</b>	<b>Cross</b>	Desert	23.30	23.03	<b>23.17</b>
<b>Joey</b>	<b>Mesropian</b>	Charter Oaks H.S.	24.37	22.01	<b>23.19</b>
<b>Cameron</b>	<b>Gray</b>	Bellflower H.S.	24.37	22.01	<b>23.19</b>
<b>Wil</b>	<b>Jones</b>	Montclair H.S.	24.00	22.47	<b>23.24</b>
<b>Marqus A</b>	<b>Richards</b>	Culver City H.S.	23.43	23.06	<b>23.25</b>
<b>Nico</b>	<b>Matthews</b>	Twentynine Palms	24.00	22.53	<b>23.27</b>
<b>Kenley</b>	<b>Davis</b>	Rialto	24.00	22.56	<b>23.28</b>
<b>Darren</b>	<b>Watters</b>	Vasquez H.S.	24.78	22.00	<b>23.39</b>
<b>Robert</b>	<b>Brown</b>	Norwalk H.S.	24.00	22.94	<b>23.47</b>
<b>Nicholas</b>	<b>Hackie</b>	St. Bernards	23.87	23.12	<b>23.50</b>
<b>Andrew</b>	<b>Oyamada</b>	South Torrance	25.63	21.85	<b>23.74</b>
<b>William</b>	<b>Watkins</b>	Desert H.S.	24.69	23.19	<b>23.94</b>
<b>Justin</b>	<b>Hamilton</b>	Bellflower	26.47	21.53	<b>24.00</b>
<b>Mikael</b>	<b>Pyles</b>	Bishop Amat	24.41	23.63	<b>24.02</b>
<b>Brian</b>	<b>Schumm</b>	Charter Oak H.S.	25.19	23.15	<b>24.17</b>
<b>Tracy</b>	<b>Powell</b>	Colony H.S.	25.63	22.84	<b>24.24</b>

<b>Michael</b>	<b>Maerzluft</b>	Hesperia Christian	26.43	22.16	<b>24.30</b>
<b>Bernabe</b>	<b>Valenzuela</b>	Calexico H.S.	25.38	23.31	<b>24.35</b>
<b>Virgil</b>	<b>Sanders</b>	Cerritos H.S	27.83	21.03	<b>24.43</b>
<b>Willie</b>	<b>Trimble</b>	Upland H.S.	24.66	24.25	<b>24.46</b>
<b>Thomas</b>	<b>Isaacs</b>	Vasquez H.S.	24.31	24.81	<b>24.56</b>
<b>Randy</b>	<b>Agyepong</b>	Calvary Baptist H.S.	24.94	24.19	<b>24.57</b>
<b>Justin</b>	<b>Davis</b>	Banning H.S.	25.18	24.28	<b>24.73</b>
<b>Adam</b>	<b>Bradford</b>	Woodcrest Christian H.S.	25.44	25.00	<b>25.22</b>
<b>Devin</b>	<b>Pilgram</b>	South	28.82	21.87	<b>25.35</b>
<b>John</b>	<b>Newton</b>	Calvary Baptist	25.91	25.57	<b>25.74</b>
<b>Stephon</b>	<b>Addison</b>	Santa Maria H.S.	26.34	25.47	<b>25.91</b>
<b>John</b>	<b>Rogers</b>	Western Christian	28.63	24.03	<b>26.33</b>
<b>Trivoyea</b>	<b>Ross</b>	Quartz Hill	28.72	26.00	<b>27.36</b>
<b>Joshua</b>	<b>Miles</b>	Verbum Dei	30.00	26.00	<b>28.00</b>