

ASCESIS™ · COMPOSITE BENCHMARK

Gridiron Composite™ — Three Levels

Graded against real NFL positional data, scaled to High School, College, and NFL.

ASCESIS reports objective performance measurements and benchmark comparisons. Coaching decisions, athlete evaluation, and training recommendations remain the responsibility of the coaching staff.

ATHLETE

M. Alvarez

POSITION

Cornerback / Slot · '27

PROGRAM

Sample High School

GPA

3.39

HIGH SCHOOL

90.1 /100

0.901 of 1.00

ELITE

COLLEGE · FBS

72.0 /100

0.720 of 1.00

VARSITY / COMPETITIVE

NFL

57.4 /100

0.574 of 1.00

NEEDS DEVELOPMENT

COLLEGE PROJECTION

PROJECTED LEVEL

FCS

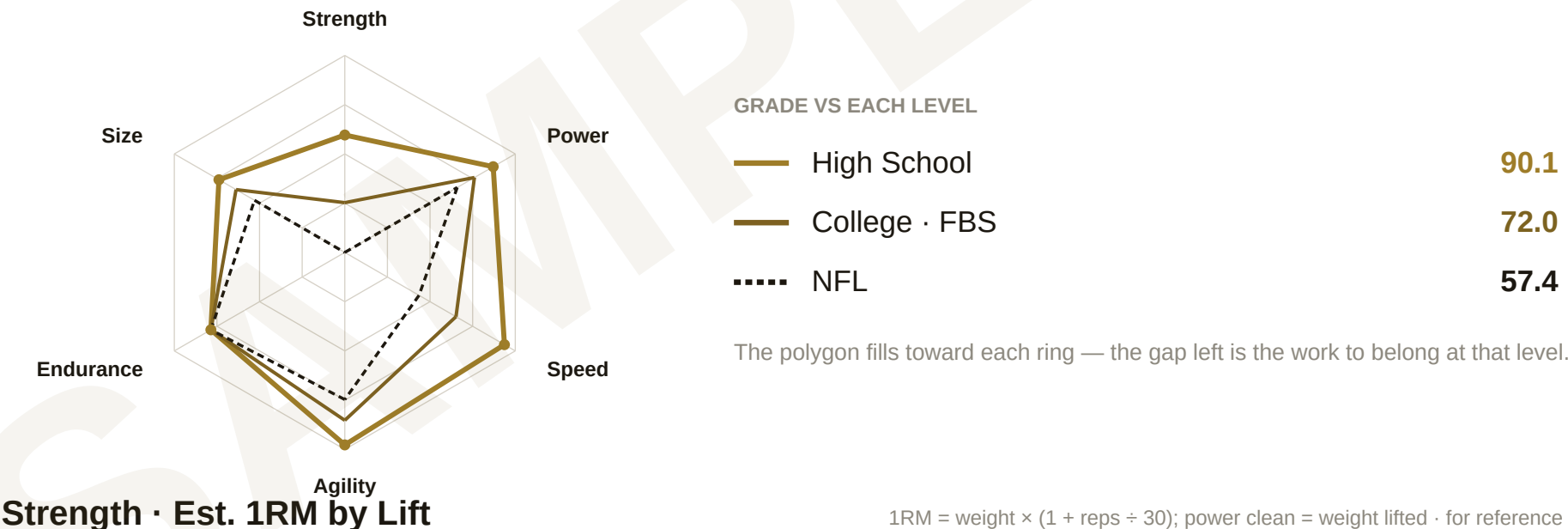
COLLEGE COMPOSITE

72.0

Most competitive at FCS & Division II · Reach: Group-of-5 FBS

Best position fit (college): K 76 · Slot 74 · WR 72

Projection from tested athletic traits only — film and position size thresholds move the real recruiting outcome.



LIFT	WEIGHT	REPS	EST 1RM	HS	COL	NFL
Bench Press	225	1	225	0.71	0.56	0.45
Squat	365	1	365	0.73	0.56	0.46
Deadlift	405	1	405	0.74	0.58	0.48
Power Clean	225	1	225	0.75	0.60	0.50

Composite by Level

CATEGORY	MEASURE	HS	COLLEGE	NFL	WT
Strength	bench est. 1RM	0.60	0.25	0.00	25%
Power	36 in vertical · 122 in broad	0.87	0.76	0.66	20%
Speed	4.62 s · 40-yd	0.94	0.65	0.44	20%
Agility	4.20 s · 20-yd shuttle · 6.92 s · 3-cone	0.98	0.85	0.75	20%
Endurance	2.9% fade · 6×20m	0.79	0.79	0.79	10%
Size	5'11" · 178 lb	0.74	0.64	0.53	5%
COMPOSITE (0–1)		0.901	0.720	0.574	100%

NFL POSITIONAL REFERENCE — CB AVERAGE

Height / Weight	6'0" · 192 lb
40-Yard Dash	4.46 s
Vertical Jump	36.5 in
20 Yard Shuttle	4.23 s
3-Cone Drill	6.94 s
Bench (225 reps)	16 reps

RATING TIERS (0–100)

90+ · Elite

80–89 · Advanced

70–79 · Varsity / Competitive

60–69 · Developing

<60 · Needs Development

Graded vs real positional data · HS & College developmentally scaled.

ASCESIS™ — KNOW YOUR STANDARD

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M. Alvarez

Cornerback / Slot · '27

Coach-verified statistics · 28 games · totals per season, per level (levels are never combined).

RECEIVING

SEASON	LEVEL	GP	REC	YDS	AVG	TD	LONG
2026	Varsity	9	10	145	14.5	1	—

DEFENSE

SEASON	LEVEL	GP	TOT	SOLO	TFL	SACKS	INT	PBU	FF	FR
2026	Varsity	9	61	45	2	—	3	17	2	1
2025*	JV	10	47	34	2	—	3	10	1	—
2024*	Freshman	9	31	22	—	—	1	6	—	—

RETURNS

SEASON	LEVEL	GP	KR	KR YDS	KR AVG	KR TD	PR	PR YDS	PR TD
2026	Varsity	9	19	489	25.7	—	8	97	1
2025*	JV	10	12	271	22.6	—	9	84	—
2024*	Freshman	9	7	142	20.3	—	—	—	—

GAME-BY-GAME LOG

Every coach-verified game, newest first. ST = started · (P) = playoff · result = final score, athlete's team first.

2026 · VARSITY · RECEIVING

DATE	OPPONENT	RESULT	ST	REC	YDS	AVG	TD	LONG
11/20	@ Pine Hollow (sample) (P)	L 20–23	ST	2	29	14.5	—	—
10/30	@ Sierra Vista (sample)	W 31–28	ST	3	38	12.7	—	—
9/11	vs Harbor Point (sample)	W 35–10	ST	3	47	15.7	1	—
9/4	@ North Ridge (sample)	W 21–17	ST	2	31	15.5	—	—

2026 · VARSITY · DEFENSE

DATE	OPPONENT	RESULT	ST	TOT	SOLO	TFL	SACKS	INT	PBU	FF	FR
11/20	@ Pine Hollow (sample) ...	L 20–23	ST	6	5	—	—	—	3	—	—
11/13	vs Ocean Crest (sample) ...	W 34–17	ST	7	4	—	—	1	2	—	—
10/30	@ Sierra Vista (sample)	W 31–28	ST	8	6	—	—	—	2	1	—
10/16	@ Coastal Prep (sample)	L 14–24	ST	9	7	—	—	—	1	—	—
10/2	@ Lakeview (sample)	W 24–21	ST	6	5	1	—	—	1	—	1
9/18	@ Canyon East (sample)	L 17–20	ST	7	6	—	—	1	2	—	—
9/11	vs Harbor Point (sample)	W 35–10	ST	6	3	—	—	—	1	1	—
9/4	@ North Ridge (sample)	W 21–17	ST	5	4	1	—	—	3	—	—
8/28	vs Sample Valley	W 28–14	ST	7	5	—	—	1	2	—	—

2026 · VARSITY · RETURNS

DATE	OPPONENT	RESULT	ST	KR	KR YDS	KR AVG	KR TD	PR	PR YDS	PR TD
11/20	@ Pine Hollow (sample) (P)	L 20–23	ST	3	71	23.7	—	—	—	—
11/13	vs Ocean Crest (sample) (P)	W 34–17	ST	1	29	29.0	—	2	25	—
10/30	@ Sierra Vista (sample)	W 31–28	ST	2	63	31.5	—	1	11	—
10/16	@ Coastal Prep (sample)	L 14–24	ST	4	97	24.3	—	—	—	—
10/2	@ Lakeview (sample)	W 24–21	ST	2	58	29.0	—	2	34	1
9/18	@ Canyon East (sample)	L 17–20	ST	2	46	23.0	—	2	19	—
9/4	@ North Ridge (sample)	W 21–17	ST	3	74	24.7	—	—	—	—
8/28	vs Sample Valley	W 28–14	ST	2	51	25.5	—	1	8	—

2025 · JV · DEFENSE

DATE	OPPONENT	RESULT	ST	TOT	SOLO	TFL	SACKS	INT	PBU	FF	FR
2025	Season totals · 10 games			47	34	2	—	3	10	1	—

2025 · JV · RETURNS

DATE	OPPONENT	RESULT	ST	KR	KR YDS	KR AVG	KR TD	PR	PR YDS	PR TD
2025	Season totals · 10 games			12	271	22.6	—	9	84	—

2024 · FRESHMAN · DEFENSE

DATE	OPPONENT	RESULT	ST	TOT	SOLO	TFL	SACKS	INT	PBU	FF	FR
2024	Season totals · 9 games			31	22	—	—	1	6	—	—

2024 · FRESHMAN · RETURNS

DATE	OPPONENT	RESULT	ST	KR	KR YDS	KR AVG	KR TD	PR	PR YDS	PR TD
2024	Season totals · 9 games			7	142	20.3	—	—	—	—

* includes a past-season line (before ASCESIS) verified by a coach.

ASCESIS™ · ATHLETE PROFILE

M. Alvarez

Cornerback / Slot · '27 · Lockdown corner · two-way slot · special teams returner
Sample High School · Orange County, CA

HEIGHT

5'11"

VERIFIED

WEIGHT

178 lb

VERIFIED

CUMULATIVE GPA

3.39

SELF-REPORTED

GPA is calculated from the athlete's entered course grades (30 graded courses) — weighted 5.0 scale, Honors / AP +1. Individual courses and grades are not shared.

BIOGRAPHY

ATHLETE-PROVIDED

Three-year starter who moved up from freshman to varsity by his junior year and now plays both ways — cornerback first, slot receiver on third downs, and the first-choice kick and punt returner. Coaches describe him as the defensive backs' film-room leader: he breaks down opponents' route trees every Sunday and runs the unit's 6 a.m. speed and footwork sessions in the off-season. He added 40 lb to his squat and dropped his 40 from 4.78 to 4.62 between his sophomore and junior years. In the classroom he carries honors and AP courses, tutors underclassmen in math, and plans to study kinesiology with the goal of becoming a strength and conditioning coach.

EXTRACURRICULAR ACTIVITIES

ATHLETE-PROVIDED

- Varsity track & field — 100 m (10.94), 200 m, 4×100 relay
- Peer tutor, Algebra II and Geometry (2 years)
- Youth football camp volunteer coach — summers 2025–2026
- Fellowship of Christian Athletes — student leader
- Leadership council, athletics department
- Community food bank volunteer — 60+ hours

AWARDS & HONORS

ATHLETE-PROVIDED

- First-team all-league defense, 2026
- Defensive MVP, team awards, 2026
- All-league special teams honorable mention, 2026
- JV team captain and Defensive Player of the Year, 2025
- Scholar-athlete honor roll — 5 semesters
- AP Scholar, 2026
- Coaches' Iron Award (off-season attendance), 2025

CONTACT THE PROGRAM

HEAD COACH

Coach J. Rivera · Head Coach

coach.rivera@example.com
(555) 010-0142

SECOND CONTACT

Coach D. Chen · Recruiting Coordinator

d.chen@example.com
(555) 010-0178

Recruiters contact the athlete's program — never the athlete directly.