

# Bellaire Women's Soccer

## 2013-2014 Pre Season Workout Performance Chart

### **\*Beep Test, Top 10, Overall\***

1. Elisa Arango, Sophomore, 14.2
2. Mackenzie Ward, Junior, 13.5
3. Anna Rubio, Sophomore, 13.3
4. Alissa Houk, Senior, 13.1
5. Kaitlyn Jong, Sophomore, 12.6
6. Emma Cohn, Sophomore, 12.4
7. Rebecca Orsak, Senior, 12.1
8. Kelly Jackson, Junior, 11.11
9. Sarabeth Sandweiss, Junior, 11.9
10. Jordan Penn, Senior, 11.5

### **\*Beep Test, Top 10, Most Improved\***

1. Stella Kaiser, Senior, +2.9
1. Leighanne Masri, Freshman, +2.9
3. Kelly Jackson, Junior, +2.6
4. Elisa Arango, Sophomore, +2.5
5. Camille Ngo, Sophomore, +2.4
5. Sarah Battles, Senior, +2.4
5. Anna Rubio, Sophomore, +2.4
8. Rebecca Orsak, Senior, +2.3
9. Heidi Vargas, Junior, +2.2
6. Hallie Montalbo, Freshman, +2.0

# Bellaire Women's Soccer

## 2013-2014 Pre Season Workout Performance Chart

### **\*Timed Mile, Top 10, Overall**

1. Elisa Arango, Sophomore, 6:12
2. Mackenzie Ward, Junior, 6:17
3. Maggie Talley, Senior, 6:22
4. Emma Cohn, Sophomore, 6:25
5. Kelly Jackson, Junior, 6:28
6. Anna Joslin, Freshman, 6:28
7. Anna Rubio, Sophomore, 6:30
8. Alissa Houk, Senior, 6:32
9. Jordan Penn, Senior, 6:35
10. Sarabeth Sandweiss, Junior, 6:40

### **\*Timed Mile, Top 10, Most Improved**

1. Riley Kaufman, Freshman, 17.34%
2. Erin Wick, Freshman, 17.02%
3. Anna Joslin, Freshman, 14.18%
4. Anna Rubio, Sophomore, 13.59%
5. Jennifer Mirza, Freshman, 12.27%
6. Sarah Battles, Senior, 10.45%
7. Elisa Arango, Sophomore, 9.95%
8. Heidi Vargas, Junior, 9.95%
9. Emma Cohn, Sophomore, 9.64%
10. Hallie Montalbo, Freshman, 9.59%