



# How Do You Train? How Do You Perform?

## Common Training Methods (and Subsequent Performance Results):

Trial and Error	Emulation	Expert Instruction	Total Commitment (with Expert Instruction)
50 <sup>th</sup> %ile	86 <sup>th</sup> %ile	90 <sup>th</sup> %ile	98 <sup>th</sup> %ile

Many gifted athletes can perform in the 86<sup>th</sup> to 90<sup>th</sup> percentiles on "talent alone".  
 To perform beyond the 90<sup>th</sup> %ile one needs to be remarkably efficient (professionally trained) and equally dedicated.

### Interpreting the Bell Curve:

Ranging from characteristics of the very common to the statistically rare.

The 117 D-I Colleges can pick and choose from a national talent pool consisting of nearly 10,000 high school kickers and punters.

There are literally thousands and thousands of athletes performing in the 50<sup>th</sup> percentile nationwide, with almost all of them aspiring to play D-I.

The reality is that you need to be honest with yourself about your abilities. Find the right academic, geographic, and financial fit and plan your athletic career around that.

### 50<sup>th</sup> Percentile

#### Very Ordinary

no shortage of kids who can do this

**(Academic Equivalent)**  
 2.5 High School GPA,  
 Junior College  
 (\$250 per semester)

**(Performance Equivalent)**  
 38 yard punt  
 50 yard field goals  
 3.7 hang time on kickoffs

**(College Football Equivalent)**  
 Junior College

### 86<sup>th</sup> Percentile

#### Much Better-Than-Average

fourteen kids per hundred

**(Academic Equivalent)**  
 3.3 GPA,  
 State School  
 (\$1,500 per semester)

**(Performance Equivalent)**  
 40 yard punter  
 50+ yard field goals  
 3.7+ hang time on kickoffs

**(College Football Equivalent)**  
 NAIA, NCAA D-II, D-III

### 90<sup>th</sup> Percentile

#### Exceptional

ten kids per hundred

**(Academic Equivalent)**  
 3.75 GPA,  
 UC School  
 (\$7000+ per semester)

**(Performance Equivalent)**  
 42 yard, 4.2 hang time  
 55 yard fg  
 4.0 kickoff

**(College Football Equivalent)**  
 D-IAA,  
 D-I, non-BCS Schools

### 98<sup>th</sup> Percentile

#### Extremely Rare

two kids per hundred

**(Academic Equivalent)**  
 3.9+ GPA,  
 USC, Stanford  
 Harvard  
 (\$15,000+ per semester)

**(Performance Equivalent)**  
 45 yard, 4.5 hang avg.  
 55+ FGs  
 4.0+ KOs

**(College Football Equivalent)**  
 D-I, top 25 school

### To Further Illustrate:

A southern California High School graduating class of 450 students\* had these numbers:

- 345 went to a Community College (or vocational college)
- 70 went to a State College
- 25 went to a UC/University of...
- 10 went to USC, Stanford, or similar

\*of students who went on to college