

# DICKINSON

## GATORS | CLASS OF 2030

DEFENSIVE END — COMBINE PERFORMANCE ANALYSIS

*2026 RIVALS HOU COMBINE -- CLASS OF 2030*



POSITION	SCHOOL	CLASS	STATE	UC SCORE
Defensive End	Dickinson HS	2030	TX	59%

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## ABOUT THIS REPORT

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This analysis evaluates a Dickinson Gators Class of 2030 defensive end's performance at the 2026 Rivals HOU Combine across eight measurable categories. All benchmarks are drawn from the Under Constructed database of high school defensive ends — a pool that spans all grade levels (freshmen through seniors). This is a critical context: this athlete is approximately 13 years old competing against athletes up to 18 years old. Every result must be interpreted through that lens.

**KEY CONTEXT: The 59% UC Score is measured against ALL high school DEs — including 17 and 18-year-old upperclassmen. For a 13-year-old, this baseline is a strong foundation.**

# 01 ATHLETE PROFILE & SUMMARY STATS

<b>School</b>	Dickinson H.S.	<b>UCScore</b>	59%
<b>Class</b>	2030	<b>Position</b>	Defensive End
<b>Combine</b>	2026 Rivals HOU	<b>State</b>	Texas
<b>Age</b>	~13 years old	<b>Grade</b>	~8th/9th

## BEST MEASURABLES — 2026 Rivals HOU Combine

<p><b>HEIGHT</b></p> <p><b>5'10"</b></p> <p>Field avg: 6'2" most common</p> <p><b>Below avg</b></p>	<p><b>WEIGHT</b></p> <p><b>198 lbs</b></p> <p>Field avg: 220 lbs most common</p> <p><b>Below avg</b></p>	<p><b>10-YARD DASH</b></p> <p><b>1.99 sec</b></p> <p>Field avg: ~2.00 sec avg</p> <p><b>Above avg</b></p>	<p><b>40-YARD DASH</b></p> <p><b>5.50 sec</b></p> <p>Field avg: ~5.00 sec avg</p> <p><b>Below avg</b></p>
<p><b>SHUTTLE</b></p> <p><b>4.98 sec</b></p> <p>Field avg: 4.80 sec avg</p> <p><b>Below avg</b></p>	<p><b>BROAD JUMP</b></p> <p><b>93.8"</b></p> <p>Field avg: 104" most common</p> <p><b>Below avg</b></p>	<p><b>VERTICAL</b></p> <p><b>20.5"</b></p> <p>Field avg: 26" most common</p> <p><b>Below avg</b></p>	<p><b>L-DRILL</b></p> <p><b>8.22 sec</b></p> <p>Field avg: 8.00 sec avg</p> <p><b>Below avg</b></p>

## 02 SPEED & EXPLOSIVENESS ANALYSIS

### 10-YARD DASH — First-Step Quickness

A **1.99-second 10-yard dash** is the standout result of this combine profile, placing this athlete right at or just above the field average for high school defensive ends (788 measured). First-step quickness — measured by the 10-yard split — is widely considered the most predictive athleticism metric for a pass rusher at any level.

For a 13-year-old athlete competing alongside 17 and 18-year-olds who have had years of additional physical development, posting a competitive 10-yard time is genuinely impressive. This tells us this athlete has natural neurological quickness that cannot be easily coached — it is the trait coaches look for first.

**STRENGTH SIGNAL: First-step quickness is the hardest trait to develop. Already present at 13 — this is the trait scouts and coaches value most in a pass rusher.**

### 40-YARD DASH — Straight-Line Speed

A **5.50-second 40-yard dash** (835 measured) falls below the field average of approximately 5.00 seconds. However, straight-line speed is the least critical combine metric for a defensive end. DEs rarely run in a straight line; their game is about bursting off the line, changing direction, and closing on a quarterback — all short-area movements.

Additionally, speed is highly trainable through sprint mechanics coaching, hip flexor flexibility, and functional strength gains in the posterior chain. As this athlete adds muscle mass over the next several years, this number should naturally improve.

Metric	Result	Field Average	# Measured	Assessment
10-Yard Dash	1.99 sec	~2.00 sec	788	Competitive
40-Yard Dash	5.50 sec	~5.00 sec	835	Needs improvement

## 03 AGILITY & CHANGE OF DIRECTION

### SHUTTLE RUN — Lateral Quickness

A **4.98-second shuttle** against a field of 832 measured athletes places this result below the field average of approximately 4.80 seconds. The shuttle run measures the ability to accelerate, decelerate, and redirect — the precise movements a defensive end makes when working through blocks and closing on ball carriers.

This is a highly coachable metric. Hip flexibility, lateral band walks, cone drills, and dedicated change-of-direction training can produce measurable improvement in 8–12 weeks of focused work. Many young athletes see 0.2–0.4 second improvements simply from improved deceleration mechanics.

### L-DRILL — Multi-Directional Movement

The **8.22-second L-Drill** (500 measured, field average ~8.00 sec) requires acceleration, tight turns in multiple directions, and body control at speed. This result is slightly above average time (slower is worse), suggesting room to grow in complex multi-directional movement patterns.

L-Drill improvement typically comes from three areas: ankle stability and mobility, hip hinge mechanics on deceleration, and drill repetition to build movement pattern memory. Worth investing structured practice time into.

Metric	Result	Field Best	Field Average	# Measured	Gap
Shuttle	4.98 sec	4.80 sec	~4.80 sec	832	<b>+0.18 sec</b>
L-Drill	8.22 sec	8.00 sec	~8.00 sec	500	<b>+0.22 sec</b>

**DEVELOPMENT NOTE: Both agility metrics are highly trainable. Consistent cone and ladder work, combined with hip mobility training, can close these gaps significantly within one off-season.**

## 04 POWER & ATHLETICISM METRICS

### BROAD JUMP — Lower Body Explosive Power

A **93.8-inch broad jump** (732 measured) falls below the field's most common result of 104 inches. The broad jump is a direct measurement of lower-body explosive power — the ability to generate force through the hips, glutes, and quads in a single horizontal burst.

For a DE, this translates directly to the initial burst off the line of scrimmage. More powerful broad jumpers typically have faster first steps and better hand-fighting leverage. The gap here (approximately 10 inches) is meaningful but absolutely closeable with a targeted strength program.

### VERTICAL JUMP — Lower Body Reactive Power

A **20.5-inch vertical** (711 measured) is below the field average of approximately 26 inches. The vertical jump measures reactive/elastic power — the stretch-shortening cycle of the muscles. For a DE, this relates to the ability to get under offensive linemen's pads, win leverage battles, and explode through contact.

Both the broad jump and vertical point to the same underlying area: lower-body power development. This is completely normal for a 13-year-old whose body hasn't yet gone through the hormonal and muscular development that typically accelerates between ages 14–17.

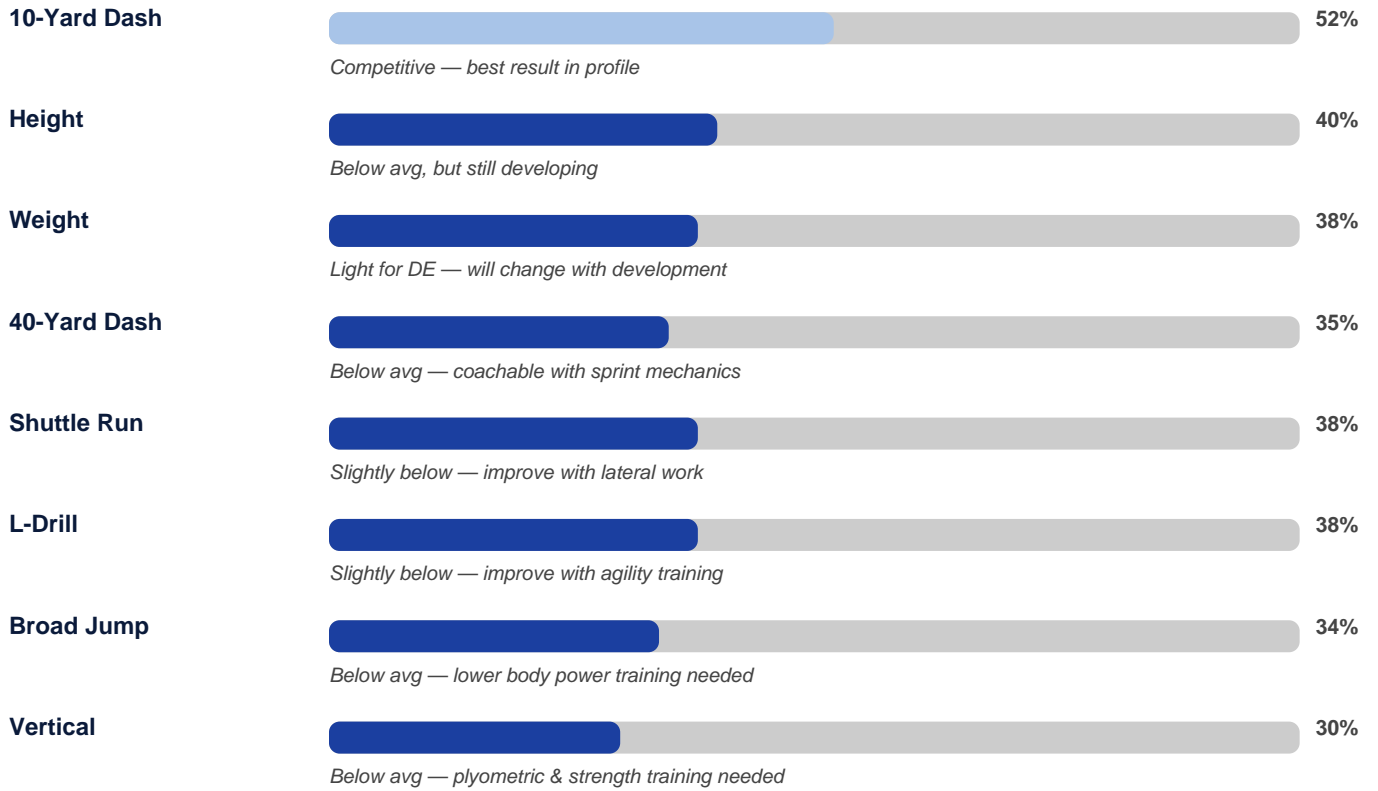
Metric	Result	Field Most Common	# Measured	Gap to Close
Broad Jump	93.8 in	104 in	732	~10.2 inches
Vertical	20.5 in	26 in	711	~5.5 inches

### PHYSICAL FRAME — Height & Weight

At **5'10" and 198 lbs**, this athlete is lighter and shorter than the typical HS DE in the database (6'2", 220 lbs). This is expected and unremarkable at 13. Growth projections for athletes of this build suggest 2–4 additional inches of height and 20–40 lbs of functional mass by the senior season — depending on genetics, nutrition, and training quality.

# 05 COMPARATIVE PERCENTILE OVERVIEW

The bars below represent estimated percentile standing against ALL high school DEs in the Under Constructed database. A score of 50% means average; above 50% means better than half the field.



## OVERALL UCSCORE: 59%

A composite 59% UC Score represents a solid baseline for a 13-year-old in an all-grades pool. The first-step quickness is the clear high point and the trait to build around. The remaining metrics are below average against the full field, but nearly all are trainable — and most will improve naturally with physical maturity.

Category	Result	vs. Field	Trainability
First-Step Burst (10-yd)	1.99 sec	<b>Competitive</b>	Low — natural trait
Straight-Line Speed (40-yd)	5.50 sec	Below avg	High — mechanics + strength
Lateral Quickness (Shuttle)	4.98 sec	Below avg	High — agility drills
Multi-Dir. Movement (L-Drill)	8.22 sec	Below avg	High — pattern + hip work
Explosive Power (Broad Jump)	93.8 in	Below avg	High — plyos + squat
Reactive Power (Vertical)	20.5 in	Below avg	High — plyos + strength
Frame (Height/Weight)	5'10" / 198	Below avg	Natural — growth + nutrition

## 06 DEVELOPMENT ROADMAP

Based on this combine profile, the following training priorities are recommended to maximize the development trajectory from age 13 to the senior season.

### PHASE 1 — Foundation (Now through Age 15)

- Focus on movement quality over intensity. At this age, building correct patterns matters more than heavy loads.
- Introduce basic strength training: goblet squats, Romanian deadlifts, hip hinges, single-leg work.
- Begin plyometric progressives: box jumps, broad jumps, med ball throws — to build explosive power base.
- Daily ladder and cone drills (10–15 min) to develop footwork and agility patterns.
- Sprint mechanics coaching — arm drive, knee lift, dorsiflexion — to improve 40-yard time.

### PHASE 2 — Development (Ages 15–16)

- Increase strength training volume: barbell squats, deadlifts, power cleans (with coaching).
- Target 20–30 lbs of lean mass addition through structured nutrition and progressive overload.
- Re-test at a combine to measure improvement in broad jump, vertical, and shuttle.
- Add position-specific work: hand-fighting drills, pass rush moves, leverage training.
- Focus on film study to develop football IQ alongside physical development.

### PHASE 3 — Performance (Ages 16–18)

- Peak strength and power expression — Olympic lifts, max effort training.
- Combine prep 8–10 weeks before any testing event to sharpen all metrics.
- Build recruiting profile: film, verified stats, and updated combine numbers.
- Target 220–240 lbs at 6'1"+ for optimal DE recruitment size at D1 level.
- Continue agility and quickness work to prevent slowing down as mass increases.

# 07 FINAL VERDICT & OUTLOOK

## THE BIG PICTURE

This combine profile tells the story of an athlete at the very beginning of a development arc. At 13 years old, the comparison pool includes 17 and 18-year-olds with 4–5 additional years of physical maturity, strength training, and football experience. Posting a 59% UCScore in that pool — and competing in the first-step quickness metric — is a genuine indicator of athletic potential.

## WHAT STANDS OUT

The **1.99-second 10-yard dash is the most important number in this report**. First-step quickness is largely an innate neurological trait — the one thing coaches most want to see, and the one thing that is hardest to teach. Every other metric in this report can be improved with time and training. The quickness is already there at 13.

*The Class of 2030 recruit signing day is approximately 4 years away. There is an enormous window to develop — and natural first-step burst is the rarest trait to find in a DE prospect.*

## THE OPPORTUNITY AHEAD

The areas that trail — broad jump, vertical, shuttle, 40-yard — are all highly trainable. Lower-body power will improve substantially with a structured strength and plyometric program. Change-of-direction metrics respond well to dedicated agility work. Straight-line speed improves with sprint mechanics coaching and posterior chain development.

Frame-wise, at 5'10" and 198 lbs there is plenty of room to grow into a prototypical DE build. Many players at this age project to add 2–4 inches and 30–50 lbs of functional mass before their senior season.

Controlled weight gain through structured nutrition paired with a training program will be important during the Phase 1 and Phase 2 years.

TRAIT	CURRENT STATUS	CEILING ASSESSMENT
First-Step Quickness	Already competitive	Elite potential
Lower Body Power	Below avg — trainable	High with strength program
Agility / COD	Below avg — trainable	High with agility work
Frame / Size	Developing — natural growth	Solid DE build projected
Speed	Below avg — trainable	Moderate with sprint work
<b>Overall Projection</b>	<b>Strong foundation at 13</b>	<b>D1 prospect window open</b>

Report generated from 2026 Rivals HOU Combine data via Under Constructed (UC). All comparisons are against the full HS DE database across all grade levels. Dickinson H.S. | Class of 2030 | Texas