

**Supplementary Table S1.** Clinical procedure for non-cued and cued single leg heel raise tests.

Procedure	Non-cued	Cued
Pre-test setup	<ul style="list-style-type: none"> <li>• Facing wall</li> <li>• Fingertips at shoulder height</li> <li>• Barefoot</li> </ul>	<ul style="list-style-type: none"> <li>• Facing wall</li> <li>• Fingertips at shoulder height</li> <li>• Barefoot</li> <li>• Metronome set: 60bpm</li> <li>• Maximum SLHR height observed</li> </ul>
Technique cues	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• Keep the knee straight</li> <li>• Align the middle of the ankle joint over the second toe</li> <li>• No rocking the body back and forth</li> <li>• Reach full height each repetition</li> </ul>
Test cessation	<ul style="list-style-type: none"> <li>• Volitional failure</li> </ul>	<ul style="list-style-type: none"> <li>• Volitional failure</li> <li>• Technique failure for two consecutive repetitions, with a warning provided:               <ol style="list-style-type: none"> <li>(1) Unable to maintain metronome pace (60bpm)</li> <li>(2) Unable to maintain technical cues, resulting in:                   <ul style="list-style-type: none"> <li>- Knee flexion</li> <li>- Forward trunk lean or 'rocking'</li> <li>- Hip strategy</li> <li>- Reduced heel raise height</li> <li>- Foot and ankle alignment/position error</li> </ul> </li> </ol> </li> </ul>
Rate	<ul style="list-style-type: none"> <li>• Self-selected</li> </ul>	<ul style="list-style-type: none"> <li>• 60bpm</li> </ul>

**Legend:** SLHR= single leg heel raise; bpm= beats per minute

**Supplementary Table S2.** Intrinsic player characteristics.

	Chronological age			Height (cm)			Weight (kg)			BMI			Playing age (yrs)			Training age: Calf RT (yrs)			
	n(%)	Mean(SD)	Mdn	R	Mean(SD)	Mdn	R	Mean(SD)	Mdn	R	Mean(SD)	Mdn	R	Mean(SD)	Mdn	R	Mean(SD)	Mdn	R
<b>All</b>	51	21.9(3.8)	21	17-33	178.8(12.1)	178	156-205	76.5(12.7)	75	51-119	23.8(2.3)	23.5	18.4-31.3	9.2(5.6)	10	1-20	4.2(2.9)	4	1-15
Women	23(45.1)	23.1(4.6)	21	17-33	168.2(6.5)	168	156-181	67.1(7.6)	66	51-80	23.7(2.9)	23.3	18.4-31.3	4.3(2.4)	4	1-11	4.3(2.4)	3.5	1-8
Men	28(54.9)	20.9(2.6)	21	17-27	187.6(7.9)	186.5	176-205	84.3(10.6)	81.5	68-119	23.9(1.7)	23.7	21.2-28.3	13.3(3.9)	14	4-20	4.2(3.2)	4	1-15

**Legend:** SD=standard deviation; R=range; cm= centimetres; kg= kilograms; BMI=body mass index; yrs= year

**Supplementary Table S3.** Player demographic information.

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	<b>n(%)</b>
<b>All players</b>	51
<b>Gender</b>	
Women	23(45.1)
Men	28(54.9)
<b>Ethnicity</b>	
Indigenous	3(5.9)
Non-Indigenous Australian	45(88.2)
Other	3(5.9)
<b>Competition level</b>	
League	33(64.7)
Reserves	18(35.3)
<b>Previous injury</b>	
Any recent history	30(58.8)
None	21(41.2)
Recent time loss injury	20(39.2)
None	31(60.8)
Region: Lower limb (any)	23(45.1)
Type: LL muscle-tendon	20(39.2)
Location: Lower leg, ankle, foot	13(25.4)

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