

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

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

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
All	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.

		n(%)
All players		51
Gender		
	Women	23(45.1)
	Men	28(54.9)
Ethnicity		
	Indigenous	3(5.9)
	Non-Indigenous Australian	45(88.2)
	Other	3(5.9)
Competition level		
	League	33(64.7)
	Reserves	18(35.3)
Previous injury		
	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)