

#### **SEO Content**

	Title	Alec Sarn	er				
$\mathbf{}$		Length :	11				
		Perfect, y	our title cor	ntains betv	veen 10 and	70 charact	ers.
$\bigotimes$	Description	Length :	0				
		-			eta description r to create d		page. Use <u>this</u>
$\bigotimes$	Keywords				eta keywords create keywo		age. Use <u>this free</u>
8	Og Meta Properties	social cra		er structuri	ze your page		his tags allows ree og
	Headings	<b>H1</b> 1	<b>H2</b> 10	<b>H3</b> 0	<b>H4</b> 0	<b>H5</b> 0	<b>H6</b> 0
		<ul> <li>[H1] Alec Sarner</li> <li>[H2] All League Offensive Lineman - Center</li> <li>[H2] Gootloader infection cleaned up</li> <li>[H2]</li> <li>[H2] Key Stats: 6'2"   260 lbs.   5.25 40   3.85 GPA   Team Captain   email: alecsarner54@gmail.com</li> <li>[H2] NU Season Update - January 2012</li> <li>[H2] Latest High School Football News from Scout.com</li> <li>[H2] Tweets From Brandon at Scout.com</li> <li>[H2] Meta</li> <li>[H2] Pages</li> <li>[H2] Links of interest</li> </ul>					
$\bigotimes$	Images	We found	6 images o	on this web	page.		
					issing. Add a erstand the c		

#### **SEO Content**

$\bigotimes$	Text/HTML Ratio	Ratio : <b>0%</b> This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.
$\bigcirc$	Flash	Perfect, no Flash content has been detected on this page.
$\bigotimes$	Iframe	Too Bad, you have Iframes on the web pages, this mean that content in an Iframe cannot be indexed.

### **SEO Links**

$\bigotimes$	URL Rewrite	Bad. Your links have query string.
$\bigotimes$	Underscores in the URLs	We have detected underscores in your URLs. You should rather use hyphens to optimize your SEO.
0	In-page links	We found a total of 60 links including 1 link(s) to files
0	Statistics	External Links : noFollow 0% External Links : Passing Juice 61.67% Internal Links 38.33%

## In-page links

Anchor	Туре	Juice
<u>Alec Sarner</u>	Internal	Passing Juice
2011 Camp Highlights	Internal	Passing Juice
ESPN – NIke Rise	Internal	Passing Juice
Holiday Classic All Star Game	Internal	Passing Juice
<u>More about me</u>	Internal	Passing Juice
NU Season Update – January 2012	Internal	Passing Juice
<u>Photos</u>	Internal	Passing Juice

# In-page links

Stats &: Contact	Internal	Passing Juice
<u>Video</u>	Internal	Passing Juice
Gootloader infection cleaned up	Internal	Passing Juice
https://news.sophos.com/en-us/2021/03/01/gootloader- expands-its-payload-delivery-options/	External	Passing Juice
https://news.sophos.com/en-us/2021/08/12/gootloaders- mothership-controls-malicious-content/	External	Passing Juice
https://www.richinfante.com/2020/04/12/reverse-engineering- dolly-wordpress-malware	External	Passing Juice
https://blog.sucuri.net/2018/12/clever-seo-spam- injection.html	External	Passing Juice
This message	Internal	Passing Juice
February 27, 2022	Internal	Passing Juice
admin	Internal	Passing Juice
Uncategorized	Internal	Passing Juice
=	Internal	Passing Juice
<u>you can look here</u>	External	Passing Juice
<u>April 2, 2015</u>	Internal	Passing Juice
Key Stats: 6'2″   260 lbs.   5.25 40   3.85 GPA   Team Captain   email: alecsarner54@gmail.com	Internal	Passing Juice
Nevada Union Miners	External	Passing Juice
Sierra Foothill League	External	Passing Juice
Sacramento All Metro 2nd Team. Â	External	Passing Juice
All Star Football Team by The Sacramento Bee	External	Passing Juice
Holiday Classic All Star Game	External	Passing Juice
2011 season games	External	Passing Juice
NU Lineman of the Year	External	Passing Juice
Cal Berkley Camp	Internal	Passing Juice
Head Coach –: Dave Humphers	External	Passing Juice
ESPN Rise – Nike Elite Football Camp	External	Passing Juice
<u>October 17, 2010</u>	Internal	Passing Juice

# In-page links

17,515 Comments	Internal	Passing Juice
<u>1st Team Sierra Foothill All League</u>	External	Passing Juice
post season play	External	Passing Juice
my work with Club Interact	External	Passing Juice
Nevada Union High School	External	Passing Juice
football	External	Passing Juice
Junior Olympics	External	Passing Juice
<u>Club Team</u>	External	Passing Juice
travel ice hockey	External	Passing Juice
Track Team	External	Passing Juice
Nevada Union Football Page	External	Passing Juice
Facebook	External	Passing Juice
<u>35 mins ago</u>	External	Passing Juice
<u>CFBONFOX</u>	External	Passing Juice
http://t.co/4KU5TxGI	External	Passing Juice
<u>4 hours ago</u>	External	Passing Juice
Log in	Internal	Passing Juice
Entries feed	Internal	Passing Juice
<u>Comments feed</u>	Internal	Passing Juice
WordPress.org	External	Passing Juice
Be Recruited profile (requires log-in)	External	Passing Juice
Foothill Preps All Region Team ':08	External	Passing Juice
Introducing the 2010 NU Miners	External	Passing Juice
Max Preps Profile	External	Passing Juice
Meet the NU O-Line	External	Passing Juice
Scout.com Profile	External	Passing Juice
The Sacramento Bee on NU Football	External	Passing Juice

## SEO Keywords

## **Keywords Consistency**

Keyword Conte	ent Title	Keywords	Descripti on	Headings	
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## Usability

0	Url	Domain : alecsarner.com Length : 14
0	Favicon	Great, your website has a favicon.
$\bigotimes$	Printability	We could not find a Print-Friendly CSS.
0	Language	Good. Your declared language is en.
$\bigotimes$	Dublin Core	This page does not take advantage of Dublin Core.

#### Document

0	Doctype	XHTML 1.1 - DTD
0	Encoding	Perfect. Your declared charset is UTF-8.
$\bigotimes$	W3C Validity	Errors : 4 Warnings : 4
	Email Privacy	Warning! At least one email address has been found in the plain text. Use <u>free antispam protector</u> to hide email from spammers.
	Deprecated HTML	Deprecated tags Occurrences
$\mathbf{w}$		<u> 1</u>

#### Document

		Deprecated HTML tags are HTML tags that are no longer used. It is recommended that you remove or replace these HTML tags because they are now obsolete.		
0	Speed Tips	<ul> <li>Excellent, your website doesn't use nested tables.</li> </ul>		
		X Too bad, your website is using inline styles.		
		<ul> <li>Great, your website has few CSS files.</li> </ul>		
		<ul> <li>Perfect, your website has few JavaScript files.</li> </ul>		
		<ul> <li>Perfect, your website takes advantage of gzip.</li> </ul>		

#### Mobile

0	Mobile Optimization	×	Apple Icon
		×	Meta Viewport Tag
		*	Flash content

## Optimization

$\bigcirc$	XML Sitemap	Great, your website has an XML sitemap.
-		http://alecsarner.com/sitemap.xml
		http://www.alecsarner.com/wp-sitemap.xml
$\bigcirc$	Robots.txt	http://alecsarner.com/robots.txt
$\overline{}$		Great, your website has a robots.txt file.
	Analytics	Missing
~		We didn't detect an analytics tool installed on this website.
		Web analytics let you measure visitor activity on your website. You should have at least one analytics tool installed, but It can also be good to install a second in order to cross-check the data.