

TEST DAY DETAILS

Indoor/Outdoor outdoor
 Temperature 15
 Conditions clear
 Surface carpet
 No. of Athletes Tested 12

TESTER DETAILS

1 joe kosik
 2 steve farat
 3
 4
 5
 6

Weights in kg - length in cm

Athlete Information					Age	Birth Yr	Gender	Warm Up	Body Size			Flexibility Sit & Reach				Core Function	Strength/Power Vertical jump				Aerobic 20m shuttle run			Anaerobic 60 sec box jump			
No.	USSA Mem	Club	First Name	Last Name	Yrs	Yr	M/F	Y/N	Height	Mass	Sit Ht	T1	T2	T3	Best	Level	T1	T2	T3	Best	Level	Shuttle	VO ₂	20(1)	20(2)	20(3)	Total
	1097519	BKH	Example	Only	19	92	M	Y	198	56.7	100	30	32	32	32	5	47	48.5	49	49	11	5	51.7	18	15	10	43
1	5806088	PIN	TAYLOR		17	93	M	y							0					0			12.7				
2		PIN	ALEX		18	92	M	y							0					0			12.7				
3		PIN	ANDREW		18	92	M	y							0					0			12.7				
4		PIN	JAKE		15	95	M	y							0					0			12.7				
5		PIN	NICKLAS		16	94	M	y							0					0			12.7				
6		PIN	BRENT		16	94	M	y							0					0			12.7				
7		PIN	NICKLAS		15	95	M	y															12.7				
8		PIN	LANCE		17	93	M	y							0					0			12.7				0
9	5815501	NNR	DRAKE		17	93	M	y							0					0			12.7				0
10	6044556	PIN	RYAN		15	95	M	y							0					0			12.7				0
11	6021554	PIN	ALEX		15	95	M	y							0					0			12.7				0
12		PIN	NATHAN		15	95	M	y							0					0			12.7				0
17			NICK												0		23	24.5	22.5	24.5	12	7	55.7	23	20	15	58
18			GRANT												0					0			12.7				0
19			MAX												0		23.5	24	23.5	24			12.7				0
20			JAY												0					0			12.7				0
21			ANDREW												0					0			12.7				0

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Weights in kg - length in cm

Athlete Information					Age	Birth Yr	Gender	Warm Up	Body Size			Flexibility Sit & Reach				Core Function	Strength/Power Vertical jump				Aerobic 20m shuttle run			Anaerobic 60 sec box jump				
No.	USSA Mem	Club	First Name	Last Name	Yrs	Yr	M/F	Y/N	Height	Mass	Sit Ht	T1	T2	T3	Best	Level	T1	T2	T3	Best	Level	Shuttle	VO ₂	20(1)	20(2)	20(3)	Total	
22			JAKE												0													0
23			GRIFFIN												0		18	18.5	17	18.5		11	6	52	23	18	14	55
24			NICK												0													0
25			ANDREW												0													0
26			JULIAN												0		16	16.5	15	16.5		11	2	50.8	21	14	6	41
27			RICKY												0		22.5	22	23	23		8	8	42.4	18	16	14	48
28			COLIN												0													0
29															0													0
30															0													0
31															0													0
32															0													0
33															0													0
34															0													0
Mean Values for J 1/2 Boys					16.2				#DIV/0!	#####	#####				0.0	#DIV/0!					3.7			17.7	21.3	17.0	12.3	8.8

TEST DAY DETAILS

Indoor/Outdoor outdoor
 Temperature _____
 Conditions _____
 Surface carpet
 No. of Athletes Tested 6

TESTER DETAILS

1 joe kosik
 2 steve farat
 3
 4
 5
 6

Weights in kg - length in cm

Athlete Information				Age	Birth Yr	Gender	Warm Up	Body Size			Flexibility Sit & Reach				Core Function	Strength/Power Vertical jump				Aerobic 20m shuttle run			Anaerobic 60 sec box jump					
No.	USSA Mem	Club	First Name	Last Name	Yrs	Yr	M/F	Y/N	Height	Mass	Sit Ht	T1	T2	T3	Best	Level	T1	T2	T3	Best	Level	Shuttle	VO ₂	20(1)	20(2)	20(3)	Total	
	1097519	BKH	Example	Only	19	92	M	Y	198	56.7	100	30	31.5	32	32	5	47	48.5	49	49	11	5	51.7	18	15	10	43	
1		PIN	ELIZABETH		15	95	F	y															12.69					
2	5817408	PIN	ELIZABETH		16	94	F	y															12.69					
3	5812292	WIN	KATIE		16	94	F	Y							0								12.69				0	
4	6044077	PIN	MALLORY		15	95	F	Y							0		15.5	16	17.5	17.5	10	5	48.3	22	13	11	46	
5	6326007	PIN	ANNA		15	95	F	Y							0		14	16	16.5	16.5	7	1	36.82	11	9	6	26	
6		ind	KATHRYN		14	96	F	Y							0								12.69				0	
8			MARIE												0								12.69				0	
9			TORI												0								12.69				0	
10			ELISABETH												0		11.5	12	13	13	6	2	33.74	12	7	8	27	
11			ALEXANDRA												0								12.69				0	
12			KRISTIN												0								12.69				0	
13			MCKENNA												0								12.69				0	
14			KARA												0		14.5	15.5	14.5	15.5	7	6	38.41	14	7	5	26	
15															0								12.69				0	
16															0								12.69				0	
17															0								12.69				0	
18															0								12.69				0	
Mean Values J 1/2 Girls					15.2				#DIV/0!	#DIV/0!	#DIV/0!				0.0	#DIV/0!					3.7			19.0	14.8	9.0	7.5	8.3

TEST DAY DETAILS

Indoor/Outdoor outdoor
 Temperature _____
 Conditions sunny
 Surface carpet
 No. of Athletes Tested 15

TESTER DETAILS

1 joe kosik
 2 steve farat
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 5
 6

Weights in kg - length in cm

Athlete Information					Age	Birth Yr	Gender	Warm Up	Body Size			Flexibility Sit & Reach				Core Function	Strength/Power Vertical jump				Aerobic 20m shuttle run			Anaerobic 60 sec box jump			
No.	USSA Mem	Club	First Name	Last Name	Yrs	Yr	M/F	Y/N	Height	Mass	Sit Ht	T1	T2	T3	Best	Level	T1	T2	T3	Best	Level	Shuttle	VO ₂	20(1)	20(2)	20(3)	Total
	1097519	BKH	Example	Only	19	92	M	Y	198	56.7	100	30	31.5	32	32	5	47	48.5	49	49	11	5	51.7	18	15	10	43
1	6188585	PIN	KYLE		14	96	M	Y							0		18	18	18.5	18.5	7	1	36.82	15	12	6	33
2	6151286	PIN	ROBBIE		14	96	M	y							0								12.69				0
3		PIN	JUSTIN		14	96	M	y							0								12.69				0
4	6040778	PIN	KILLIAN		13	97	M	y							0		19	20.5	20.5	20.5	10	4	47.98	23	19	17	59
5	6268042	PIN	BRYCE		13	97	M	y							0		15	17	16	17	8	5	41.5	14	10	9	33
6		PIN	A.J.		13	97	M	y							0								12.69				0
7		PIN	DEREK		13	97	M	y							0								12.69				0
8	6291442	PIN	TUCKER		13	97	M								0		21	21.5	20.5	21.5	11	10	53.29	22	18	18	58
9	6276833	PIN	REIS		12	98	M	y							0		15	14.5	15.5	15.5	7	1	36.82	14	11	8	33
10	6275467	PIN	DANIEL		13	97	M	y							0								12.69				0
11	6111637	PIN	JACOB		12	98	M	y							0								12.69				0
12		PIN	ZAC		13	97	M	y							0								12.69				0
13		PIN	TYLER		13	97	M	y							0								12.69				0
14	6276948	PIN	MAX		11	99	M	y							0								12.69				0
15		PIN	COLE		9	1	M	y							0								12.69				0
22			DYLAN												0		14	14	14.5	14.5	5	5	31.29	14	7	6	27
23			ZAC												0		16	18	18.5	18.5	12	9	56.37	21	17	16	54
24			THOMAS												0								12.69				0

USSA PHYSICAL ASSESSMENT

USSA Central Region 3

J 3/4 Girls

Date 16-Sep-11

TEST DAY DETAILS

Indoor/Outdoor outdoor
 Temperature _____
 Conditions sunny
 Surface carpet
 No. of Athletes Tested 20

TESTER DETAILS

1 joe kosik
 2 steve farat
 3 _____
 4 _____
 5 _____
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Weights in kg - length in cm

Athlete Information					Age	Birth Yr	Gender	Warm Up	Body Size			Flexibility Sit & Reach				Core Function	Strength/Power Vertical jump			Aerobic 20m shuttle run			Anaerobic 60 sec box jump			Total	
No.	USSA Mem #	Club	First Name	Last Name	Yrs	Yr	M/F	Y/N	Height	Mass	Sit Ht	T1	T2	T3	Best	Level	T1	T2	T3	Best	Level	Shuttle	VO ₂	20(1)	20(2)	20(3)	Total
	109759	BKH	Example	Only	19	92	M	Y	198	56.7	100	30	31.5	32	32	5	47	48.5	49	49	11	5	51.7	18	15	10	43
1	6326325	PIN	LAUREN		13	97	F	y							0					0			12.69				0
2		PIN	PAIGE		12	98	F	y							0					0			12.69				0
3	6327682	PIN	RACHEL		12	98	F	y							0					0			12.69				0
4		PIN	AMANDA		12	98	F	y							0		16.5	17.5	16	17.5	8	2	40.54	11	9	5	25
5	6322051	PIN	OLIVIA		10	0	F	y							0					0			12.69				0
10			MADELINE												0		14	14	14.5	14.5	8	2	40.54	13	9	7	29
11			VICTORIA												0		17.5	18	17	18	9	9	46.17	20	17	10	47
12			ZOE												0		14.5	15	15.5	15.5	7	9	39.36	16	10	7	33
13			NICOLE												0		8.5	10	9.5	10	6	1	33.42	10	4	1	15
14			GRETCHEN												0					0							0
15			JORDAN												0					0							0
16			HANNAH												0		10	10.5	11	11	6	3		12	8	4	24
17			EMILY												0					0							0
18			KAYLEE												0		11.5	11	11	11.5	4	5		11	6	3	20
19			KC												0					0							0
20			KATELYN												0		15	15.5	14.5	15.5	7	2		13	8	7	28
			MEGHAN												0		9	9.5	10	10	7	4		11	8	5	24
					11.8				#####	#####	#####				0.0	#DIV/0!				7.3			27.9	13.0	8.8	5.4	14.4