



Performance Report



100 m | 200 m | Long Jump

Instructions by Coach **Sivasankar**

This month, you've improved your explosive starts and drive phase in the 100m but need to stay relaxed in the final stretch for better speed. In the 200m, your curve acceleration is strong, but there's room to push harder in the last 50 meters. For long jump, your approach and take-off have improved, but focus on driving your knees higher and extending your legs for better distance. Overall, solid progress across all events, and we'll keep refining your technique next month!

Performance Summary

World Record National Record State Record High Score Low Score

100

200

01 / 368
District

08 / 1852
State

35 / 6854
National

01 / 368
District

08 / 1852
State

35 / 6854
National

11.11 s
High Score

11.35 s
Avg. Score

11.25 s
Season Best

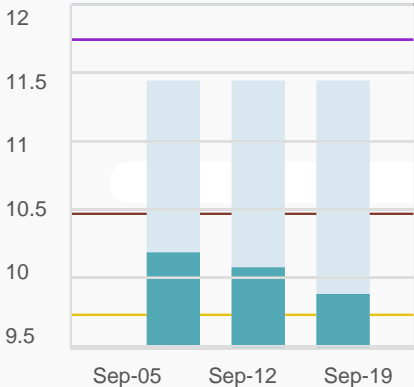
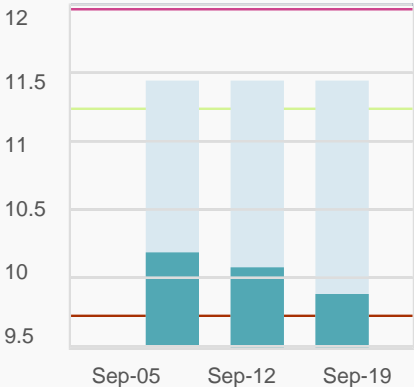
11.50 s
Min. Score

10.45 s
High Score

18.90 s
Avg. Score

15.25 s
Season Best

11.50 s
Min. Score



Longjump

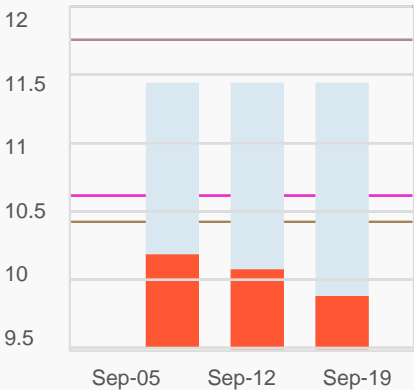
CoachComment

11.11 s
High Score

11.35 s
Avg. Score

11.25 s
Season Best

11.50 s
Min. Score



Week 1:
Strong start, but focus on maintaining form and relaxation throughout the race.

Week 2:
Strong start, but focus on maintaining form and relaxation throughout the race.

Week 3:
Strong start, but focus on maintaining form and relaxation throughout the race.

Week 1:
Strong start, but focus on maintaining form and relaxation throughout the race.

Week 2:
Strong start, but focus on maintaining form and relaxation throughout the race.

Week 3:
Strong start, but focus on maintaining form and relaxation throughout the race.



Regularity

Attendance

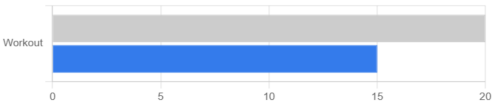
Total Days	Sessions	Training Sessions	Performance Trials	Total Breaks
22.5 / 25	22/25 / 23/25	15	5	3

Calendar Sep 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div><div></div><div></div><div>1</div></div>	<div><div></div><div></div><div>2</div></div>	<div><div></div><div></div><div>3</div></div>	<div><div></div><div></div><div>4</div></div>	<div><div></div><div></div><div>5</div></div>	<div><div></div><div></div><div>6</div></div>	<div><div></div><div></div><div>7</div></div>
<div><div></div><div></div><div>8</div></div>	<div><div></div><div></div><div>9</div></div>	<div><div></div><div></div><div>10</div></div>	<div><div></div><div></div><div>11</div></div>	<div><div></div><div></div><div>12</div></div>	<div><div></div><div></div><div>13</div></div>	<div><div></div><div></div><div>14</div></div>
<div><div></div><div></div><div>15</div></div>	<div><div></div><div></div><div>16</div></div>	<div><div></div><div></div><div>17</div></div>	<div><div></div><div></div><div>18</div></div>	<div><div></div><div></div><div>19</div></div>	<div><div></div><div></div><div>20</div></div>	<div><div></div><div></div><div>21</div></div>
<div><div></div><div></div><div>22</div></div>	<div><div></div><div></div><div>23</div></div>	<div><div></div><div></div><div>24</div></div>	<div><div></div><div></div><div>25</div></div>	<div><div></div><div></div><div>26</div></div>	<div><div></div><div></div><div>27</div></div>	<div><div></div><div></div><div>28</div></div>
<div><div></div><div></div><div>29</div></div>	<div><div></div><div></div><div>30</div></div>	<div><div></div><div></div><div>1</div></div>	<div><div></div><div></div><div>2</div></div>	<div><div></div><div></div><div>3</div></div>	<div><div></div><div></div><div>4</div></div>	<div><div></div><div></div><div>5</div></div>

- Performance Trial
- Morning Training
- Evening Training
- Absent
- Break
- Event

Workouts Planned vs WorkOut Actual (Efforts)

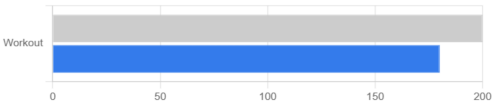


Plan vs Actual
Workout On Time



Level of Completion (First)

Workouts Planned vs WorkOut Actual (Efforts)



Plan vs Actual
Workout On Time



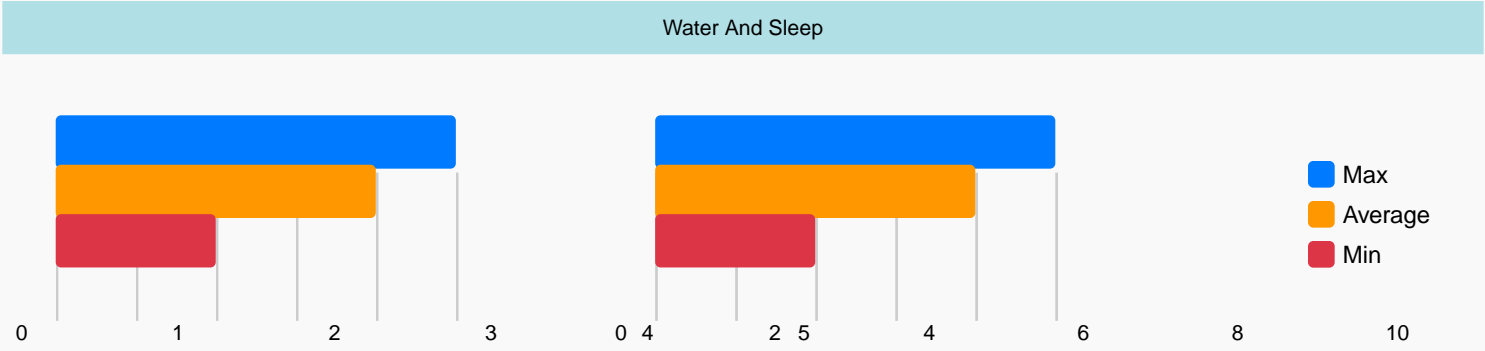
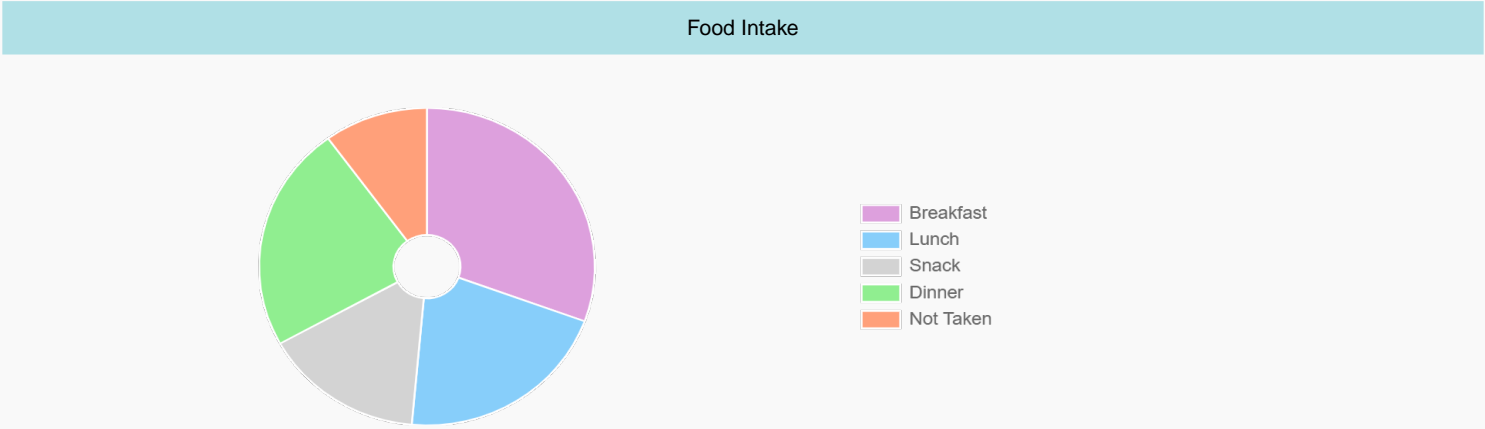
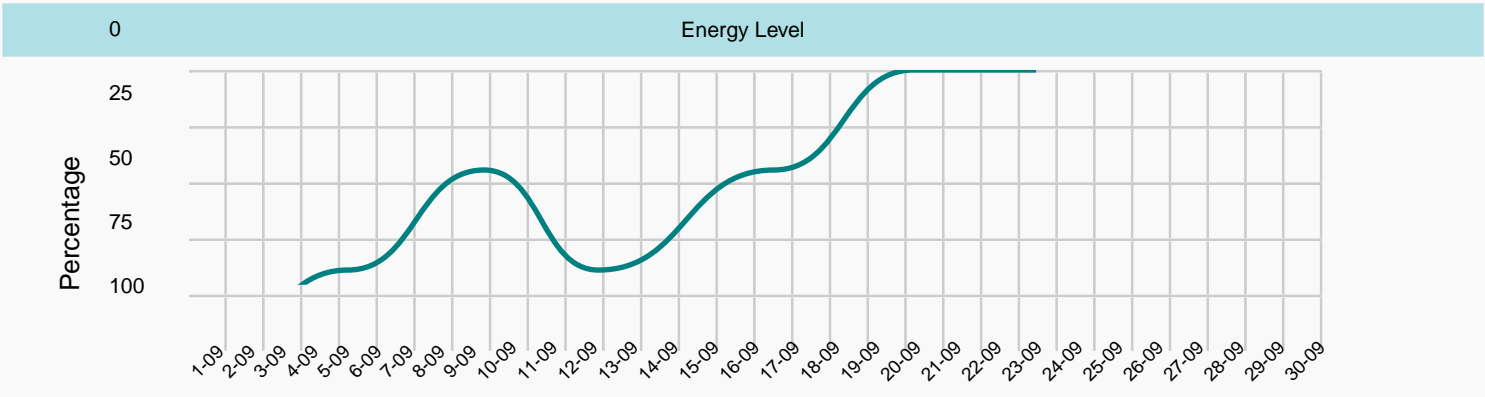
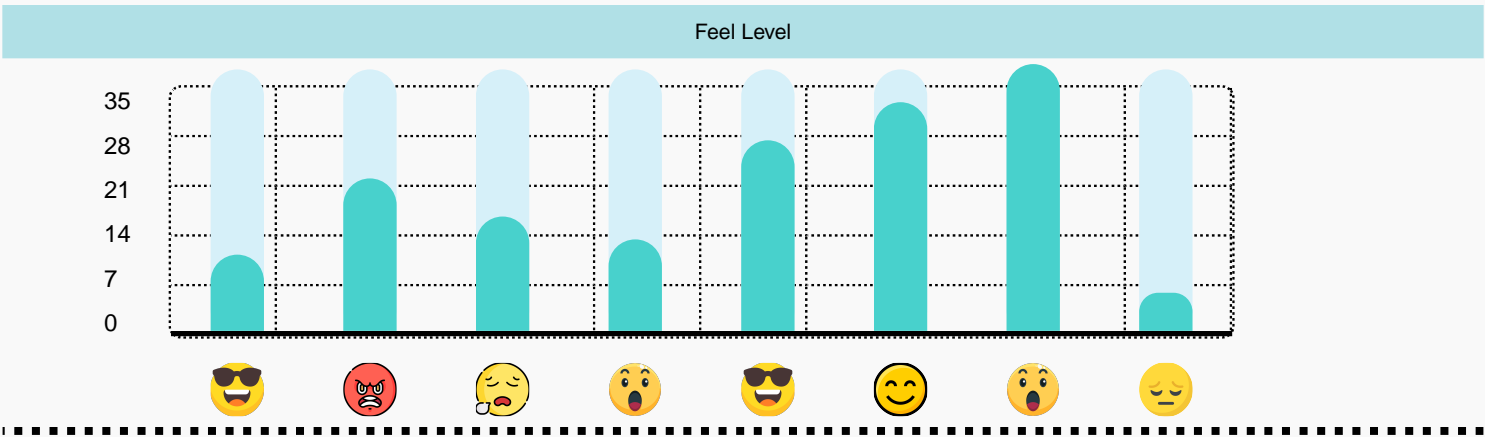
Level of Completion (Second)

#	Type	Workouts	Focus Area
1	Prosperous Workouts	Push-Ups Hammer Curls Plank	Chest & Triceps Back & Biceps Focus
2	Challenging Workouts	Pull Ups Quadriceps	Biceps, Forearms & Triceps Squats, lunges, leg presses



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Medical History

#	Date	Incident	Description	Status
1	14-09-2024	Illness	Fever due to heavy body pain	Sick
2	30-09-2024	Injury	Injury during the training session	Injured

100 m\nHigh Score...

1100

2nd National Open Championship

Category: Under 17 - Male

Event level: District

State: Tamilnadu

District: Chennai

Date: 13-09-2024

Organizer: Athlete Federation of India

Venue: Chennai

Remarks: Won 1,00,000 Cash Prize

100 m\nHigh Score...

1100

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Performance Report

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Height (cm)
165
Range: 163 - 183
+ 0.2 cm

Weight (kg)
50
Range: 51 - 77
+ 0.2 cm

BMI (kg/m2)
22.96
+ 0.2%

BMR (kcal/day)
1432
+ 0.2%



Shoulder Girth (cm)
83
Range: 80 - 90
+ 0.2 cm

Waist Dia (cm)
100
Range: 70 - 110
+ 0.2 cm

Hip Dia (cm)
122
Range: 80 - 120
+ 0.2 cm

Hip-Toe (mm)
10
Range: 6 - 30
+ 0.2 mm

Waist-Hip Ratio (mm)
10
Range: 6 - 30
+ 0.2 mm

Skinfold (mm)
10
Range: 6 - 30
+ 0.2 mm

Wellness and Health Summary

Hydration %
60
Sleep %
72

Heart Beat (bpm)

Normal

Temperature (°F)

96
Normal
-11%

Blood Pressure (mmHg)
82/72

Systolic
Low -10%

Blood Oxygen (% SpO2)
98
Normal
+100%

96
Normal
-11%

Blood Sugar (mg/dL)
150
High

Systolic Diastolic

Performance

Speed (s)
40 m Sprint

8.2
Bad

4 - 7
+12%

Vertical Jump (cm)
High Jump

53
Good

20 - 70
+2%

Flexibility (cm)
Sit & Reach

32
Good

0 - 40
-1%

Endurance (Lit)
Spirometry Test

3.2
Good

2.5 - 4.0
+2%

Agility (s)
T-Test

10
Good

8 - 12
+2%

Reaction Time (ms)
Response Time Test

267
Good

200 - 300
+2%