|  |  |
| --- | --- |
| «PNAME» |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | | Date of birth  «DOB»  TEAM  «PTEAM»  CLASS  «CLASS» | | | DATE  «DATE»  RESULT «RESULT» | |
| RESULTS SUMMARY | | | | GRAPHS | | |
| Sit-ups | | | «situps» |  | | |
| Inclined Pull-ups | | | **«pullups»** |
| Sit and Reach | | | **«sitreach»** |
| Shuttle Run | | | **«shuttlerun»** |
| Standing Broad Jump | | | **«broadjump»** |
| 1.6km Run | | | **«kmrun»** |
|  | | |  |
|  | | |  |
|  | | |  | Anthropometric Data | | |
|  | | |  |
|  | | |  | |  |  |  |  | | --- | --- | --- | --- | | Height | Weight | Seated Height | BMI | | **«height»cm** | **«weight»kg** | **«seated»cm** | **«bmi»** | | % of PPH | Project Peak Height | Peak Height Velocity |  | |  |  |  |  | | | |
|  | | |  |
|  | | |  |
|  | | |  |
| PLAYER NOTES | | | | | | |
| **√** |  | | | | × |  |
| **√** |  | | | | × |  |

Analysis by: HE QIXIANG