

Buffalo Rugby Club Spring Testing 2015

During the testing all players took part in a speed, agility, power, strength and fitness test. All will be retested at a later date. We all want to improve so keep working hard in training and come retesting time the results will speak for themselves.

There is only one disparity between the results. Myself and Dixon allowed the front row forwards to stride between the cones therefore their agility times seem quicker than they should be. They will be tested the same way for consistency purposes.

* Denotes variation in test **Denotes group record ***Denotes squad record

Name	40yard 1	40yard 2	Agility	Broad	Push Up	Fitness
Lucas	5.56	5.60	17.57*	91.0	35	12
Cieslik	5.34	5.47	18.38*	89.5	32	12
C. Smith	5.78	6.22	20.53*	74.0	29	10
Weiss	5.59	5.72	20.03*	77.5	26	11
Qualey	6.00	5.75	19.66*	74.5	-	13**
Luciano	5.74	5.54	16.88*	91.0	48	10
Taco	6.16	6.37	21.41*	67.5	27	9
Morreale	5.25	5.16	16.28*	88.5	55	13**
Menz	5.12	5.16	17.50*	95.5	44	10
Mauer	5.19	5.16	16.88*	100.5**	47	10
Kern	5.25	5.22	16.97*	84.5	50	13**
Haberstro	5.30	5.41	17.69*	91.5	-	11
McGovern	4.94	5.16	18.13*	88.0	72**	10
Bennett	4.84**	4.97	17.03*	97.5	46	12
Lang	4.96	5.00	17.50	93.0	32	13
Mustard	6.21	6.05	21.59	69.5	36	12
Chown	5.85	5.61	18.81	85.0	29	14
Peraino	5.40	5.35	18.68	81.0	45	12
Schuster	5.63	5.33	17.94	102.0**	34	15**
Stoerr	5.25	5.18	17.56	90.5	41	12
Dicks	5.53	5.60	-	-	55	-
Hann	5.41	5.51	20.25	85.5	31	13
Molnar	5.51	5.48	20.59	92.0	59**	12
Sutton	5.81	5.58	22.81	-	34	14
Dean	5.83	5.38	19.09	81.5	45	14
Giordano	5.16	5.10	17.91	98.0	50	12
Morgan	5.01	4.91**	18.06	86.0	35	13
Horton	5.23	5.11	21.00	92.0	42	13
Garbin	5.15	4.98	17.37**	95.0	45	13
Feirabend	5.75	5.60	19.66	92.0	43	12
Dixon	5.10	5.13	16.88	83.0	-	14.5
Kusmierski	5.00	4.87	18.63	103.5**	53	15.5
Gorrell	5.00	5.00	16.03***	97.0	47	15.75
Grundy	5.37	5.15	16.78	97.5	42	11
Rymarsyk	5.31	5.15	18.32	84.5	43	16.5
Finn	5.03	4.98	18.07	99.5	42	13
Miskovski	5.29	5.53	22.25	88.5	30	11.5
Curry	4.97	4.93	16.68	96.5	45	15
Holdnack	5.41	5.19	19.18	91.0	44	17***
Szlaniszlo	5.06	-	-	-	61**	-
Silvernale	4.84**	4.91	17.38	98.0	17	12
Howell	5.03	5.01	18.22	91.0	42	16.5

Ryan	5.37	5.37	20.03	80.0	39	14
Brooks	4.91	4.85	16.63**	102.0	64	15**
Norris	4.94	5.03	17.31	93.0	87***	15**
Kolb	4.85	4.91	16.85	79.0	60	13
E. Smith	5.21	5.22	17.84	91.5	55	-
Harbison	4.85	4.87	18.81	94.0	53	14
Jardine	5.06	4.90	18.09	103.0	61	15**
Ratka	5.03	5.06	19.03	88.0	52	11
Carey	5.28	5.38	18.06	89.5	46	14
Thompson	5.03	4.88	18.59	106.0	55	14
Phalen	4.81***	5.01	17.03	114.0***	54	12

54 players have been tested. Myself and Dixon would like to thank you all for your effort and making it easy for us to do this task. NOW LET'S WIN 2 NATIONAL TITLES!!