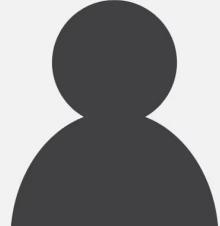


Athlete		John Doe		
Date of Birth:	-	Test Date:	-	
Age Group:	U18	Position	-	
Body Weight (lbs):	175			
Section Scores		Overall Score		
Speed and Acceleration	59%	Average	75	
Agility	60%	Average		
Power	88%	Excellent		
Strength	94%	Excellent	Good	
Speed and Acceleration - How fast you start and accelerate.				
Test	Test Result	Age Avg	Rating	
5m (sec)	1.03	1.04	Average	
10m (sec)	1.77	1.79	Average	
Speed and Acceleration Rating				
5m	58%			
10m	60%			
0%	25%	50%	75%	
Agility - How fast you can change direction.				
Test	Test Result	Age Avg	Rating	
5-10-5 - Left (sec)	5.18	5.10	Needs Work	
5-10-5 - Right (sec)	4.87	5.10	Excellent	
Agility Rating				
5-10-5 - Left	37%			
5-10-5 - Right	82%			
0%	25%	50%	75%	
Power and Explosiveness - How high and explosive your jumps are.				
Test	Test Result	Age Avg	Rating	
Arm Swing Jump (in)	20.1	18.2	Good	
Hands on Hips Jump (in)	18.3	15.7	Excellent	
Squat Jump (in)	17.6	14.4	Excellent	
Explosiveness	0.68	0.49	Excellent	
Power and Explosiveness Rating				
Arm Swing Jump	77%			
Hands on Hips Jump	86%			
Squat Jump	91%			
Explosiveness	98%			
0%	25%	50%	75%	
Strength - How strong your hands and grip are.				
Test	Test Result	Age Avg	Rating	
Grip Left (lbs)	142.2	122	Excellent	
Grip Right (lbs)	165.1	122	Excellent	
Grip Total (lbs)	307.3	234	Excellent	
Strength Rating				
Grip Left	86%			
Grip Right	99%			
Grip Total	97%			
0%	25%	50%	75%	