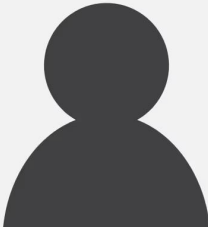
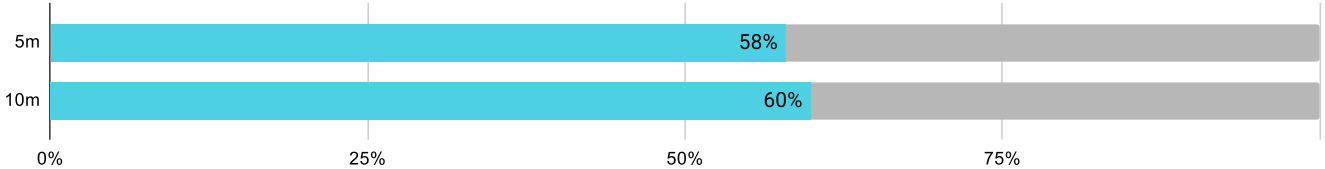


Athlete		John Doe		
Date of Birth:	-	Test Date:	-	
Age Group:	U18	Position	-	
Body Weight (lbs):	175			
Section Scores		Overall Score		
Speed and Acceleration	59%	Average	75	
Agility	60%	Average		
Power	88%	Excellent		
Strength	94%	Excellent		
Good				

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

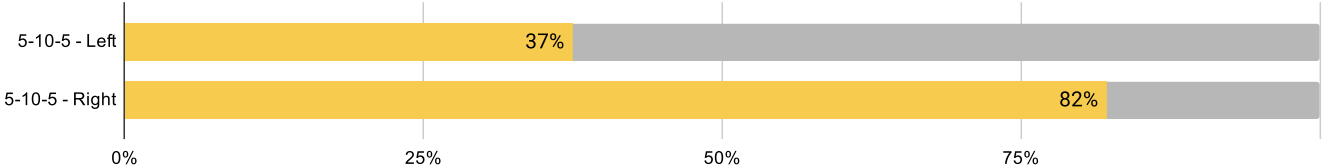


5m	58%
10m	60%

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

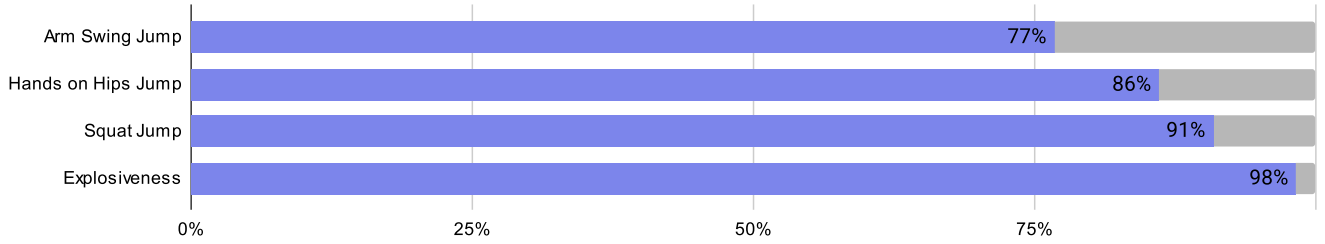


5-10-5 - Left	37%
5-10-5 - Right	82%

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

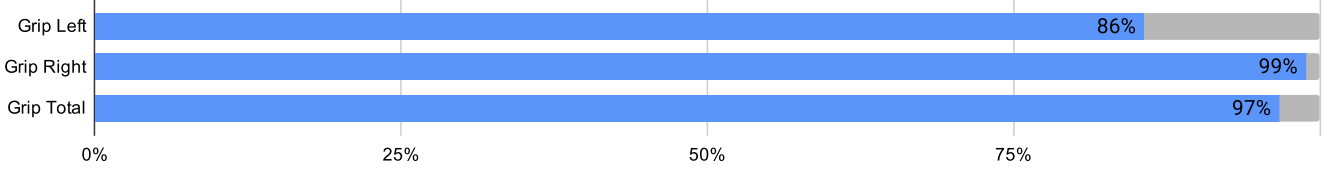


Arm Swing Jump	77%
Hands on Hips Jump	86%
Squat Jump	91%
Explosiveness	98%

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%