

JUNIOR FITNESS TESTING PROTOCOLS

FITNESS ASSESSMENT REPORTING FORM

| TEAM: | | ANTHROPOMETRICAL | | | | FLEXIBILITY | | STRENGTH | | | | VARK | | | | SPEED | | Aerobic Stamina | | | | |
|-------|----------|------------------|--------|-----------|---|-------------|-------------|-------------|----------|---------|---------------|---------------|----------------|---|---|-------|--------------------------|-----------------|-------------------------|------|---------|--|
| NAME | Age Yrs. | Height | Weight | Skin Fold | | Shoulder | Sit & Reach | Core Muscle | Handgrip | Push Up | St. Long Jump | Vertical Jump | Learning style | | | | On court agility / Speed | | Multistage Test (Bleep) | | | |
| | | Cms | Kgs | mm | % | cms | cms | secs | kg | no | cms | cms | V | A | R | K | secs | | 20 m Shuttle | | | |
| | | | | Total | | | | | | | | | | | | | | | Level | Laps | VO2 Max | |
| 1 | | | | | | | | | | | | | | | | | | | | | | |
| 2 | | | | | | | | | | | | | | | | | | | | | | |
| 3 | | | | | | | | | | | | | | | | | | | | | | |
| 4 | | | | | | | | | | | | | | | | | | | | | | |
| 5 | | | | | | | | | | | | | | | | | | | | | | |
| 6 | | | | | | | | | | | | | | | | | | | | | | |
| 7 | | | | | | | | | | | | | | | | | | | | | | |
| 8 | | | | | | | | | | | | | | | | | | | | | | |
| 9 | | | | | | | | | | | | | | | | | | | | | | |
| 10 | | | | | | | | | | | | | | | | | | | | | | |
| 11 | | | | | | | | | | | | | | | | | | | | | | |
| 12 | | | | | | | | | | | | | | | | | | | | | | |
| 13 | | | | | | | | | | | | | | | | | | | | | | |
| 14 | | | | | | | | | | | | | | | | | | | | | | |
| 15 | | | | | | | | | | | | | | | | | | | | | | |
| 16 | | | | | | | | | | | | | | | | | | | | | | |
| 17 | | | | | | | | | | | | | | | | | | | | | | |
| 18 | | | | | | | | | | | | | | | | | | | | | | |
| 19 | | | | | | | | | | | | | | | | | | | | | | |
| 20 | | | | | | | | | | | | | | | | | | | | | | |

| | | | | | | | | | | | | | | | | | | | | | | |
|---------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Maximum | | | | | | | | | | | | | | | | | | | | | | |
| Minimum | | | | | | | | | | | | | | | | | | | | | | |
| Average | | | | | | | | | | | | | | | | | | | | | | |

| | | | | | | | | | | | | | | | | | | | | | | |
|----------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Standard | | | | | | | | | | | | | | | | | | | | | | |
|----------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|

Test Date:

Venue:

