

**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:



