

**Results vs. Standards prepared for :
Courtney**

Team: Sample Basketball Team
Position/event: Female

Sport: Basketball

Flexibility

		<u>Result</u>	<u>Standard</u>	<u>%Standard</u>
Sit and Reach (cm)	04-nov.-06	58.00	44.00	0.24%

This test reflects your hamstring and lower back flexibility (range of motion at a specific joint). A good flexibility increases stride length and may decrease the risk of muscle injury during intense training.

Jumping

		<u>Result</u>	<u>Standard</u>	<u>%Standard</u>
CMJ (cm)	04-nov.-06	158.00	170.00	-0.08%

This test reflects your leg muscular power and strength. Results are influenced by the volume and intensity of resistance training targeting the leg muscles

Vert. Jump (cm)	04-nov.-06	37.00	41.00	-0.11%
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Speed

		<u>Result</u>	<u>Standard</u>	<u>%Standard</u>
05m Sprint (s)	04-nov.-06	1.22	1.22	0.00%

This test reflects your acceleration capacity. Results are influenced the volume and intensity of power training targeting the leg muscles

20m sprint (s)	04-nov.-06	3.69	3.50	0.05%
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**Results vs. Standards prepared for :
Jill**

Team: Sample Basketball Team
Position/event: Female

Sport: Basketball

Flexibility

		<u>Result</u>	<u>Standard</u>	<u>%Standard</u>
Sit and Reach (cm)	04-nov.-06	38.00	44.00	-0.16%

This test reflects your hamstring and lower back flexibility (range of motion at a specific joint). A good flexibility increases stride length and may decrease the risk of muscle injury during intense training.

Jumping

		<u>Result</u>	<u>Standard</u>	<u>%Standard</u>
CMJ (cm)	04-nov.-06	119.00	170.00	-0.43%

This test reflects your leg muscular power and strength. Results are influenced by the volume and intensity of resistance training targeting the leg muscles

Vert. Jump (cm)	04-nov.-06	32.00	41.00	-0.28%
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Speed

		<u>Result</u>	<u>Standard</u>	<u>%Standard</u>
05m Sprint (s)	04-nov.-06	1.34	1.22	0.09%

This test reflects your acceleration capacity. Results are influenced the volume and intensity of power training targeting the leg muscles

20m sprint (s)	04-nov.-06	4.19	3.50	0.16%
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**Results vs. Standards prepared for :
Julia**

Team: Sample Basketball Team
Position/event: Female

Sport: Basketball

Flexibility

		<u>Result</u>	<u>Standard</u>	<u>%Standard</u>
Sit and Reach (cm)	04-nov.-06	43.00	44.00	-0.02%

This test reflects your hamstring and lower back flexibility (range of motion at a specific joint). A good flexibility increases stride length and may decrease the risk of muscle injury during intense training.

Jumping

		<u>Result</u>	<u>Standard</u>	<u>%Standard</u>
CMJ (cm)	04-nov.-06	170.00	170.00	0.00%

This test reflects your leg muscular power and strength. Results are influenced by the volume and intensity of resistance training targeting the leg muscles

Vert. Jump (cm)	04-nov.-06	42.00	41.00	0.02%
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Speed

		<u>Result</u>	<u>Standard</u>	<u>%Standard</u>
05m Sprint (s)	04-nov.-06	1.22	1.22	0.00%

This test reflects your acceleration capacity. Results are influenced the volume and intensity of power training targeting the leg muscles

20m sprint (s)	04-nov.-06	3.60	3.50	0.03%
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**Results vs. Standards prepared for :
Katelyn P**

Team: Sample Basketball Team
Position/event: Female

Sport: Basketball

Flexibility

		<u>Result</u>	<u>Standard</u>	<u>%Standard</u>
Sit and Reach (cm)	04-nov.-06	39.00	44.00	-0.13%

This test reflects your hamstring and lower back flexibility (range of motion at a specific joint). A good flexibility increases stride length and may decrease the risk of muscle injury during intense training.

Jumping

		<u>Result</u>	<u>Standard</u>	<u>%Standard</u>
CMJ (cm)	04-nov.-06	137.00	170.00	-0.24%

This test reflects your leg muscular power and strength. Results are influenced by the volume and intensity of resistance training targeting the leg muscles

Vert. Jump (cm)	04-nov.-06	33.00	41.00	-0.24%
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Speed

		<u>Result</u>	<u>Standard</u>	<u>%Standard</u>
05m Sprint (s)	04-nov.-06	1.28	1.22	0.05%

This test reflects your acceleration capacity. Results are influenced the volume and intensity of power training targeting the leg muscles

20m sprint (s)	04-nov.-06	3.79	3.50	0.08%
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**Results vs. Standards prepared for :
Kewda**

Team: Sample Basketball Team
Position/event: Female

Sport: Basketball

Flexibility

		<u>Result</u>	<u>Standard</u>	<u>%Standard</u>
Sit and Reach (cm)	04-nov.-06	40.00	44.00	-0.10%

This test reflects your hamstring and lower back flexibility (range of motion at a specific joint). A good flexibility increases stride length and may decrease the risk of muscle injury during intense training.

Jumping

		<u>Result</u>	<u>Standard</u>	<u>%Standard</u>
CMJ (cm)	04-nov.-06	152.00	170.00	-0.12%

This test reflects your leg muscular power and strength. Results are influenced by the volume and intensity of resistance training targeting the leg muscles

Vert. Jump (cm)	04-nov.-06	37.00	41.00	-0.11%
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Speed

		<u>Result</u>	<u>Standard</u>	<u>%Standard</u>
05m Sprint (s)	04-nov.-06	1.25	1.22	0.02%

This test reflects your acceleration capacity. Results are influenced the volume and intensity of power training targeting the leg muscles

20m sprint (s)	04-nov.-06	3.75	3.50	0.07%
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**Results vs. Standards prepared for :
Kristy**

Team: Sample Basketball Team
Position/event: Female

Sport: Basketball

Flexibility

		<u>Result</u>	<u>Standard</u>	<u>%Standard</u>
Sit and Reach (cm)	04-nov.-06	41.00	44.00	-0.07%

This test reflects your hamstring and lower back flexibility (range of motion at a specific joint). A good flexibility increases stride length and may decrease the risk of muscle injury during intense training.

Jumping

		<u>Result</u>	<u>Standard</u>	<u>%Standard</u>
CMJ (cm)	04-nov.-06	147.00	170.00	-0.16%

This test reflects your leg muscular power and strength. Results are influenced by the volume and intensity of resistance training targeting the leg muscles

Vert. Jump (cm)	04-nov.-06	37.00	41.00	-0.11%
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Speed

		<u>Result</u>	<u>Standard</u>	<u>%Standard</u>
05m Sprint (s)	04-nov.-06	1.22	1.22	0.00%

This test reflects your acceleration capacity. Results are influenced the volume and intensity of power training targeting the leg muscles

20m sprint (s)	04-nov.-06	3.65	3.50	0.04%
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**Results vs. Standards prepared for :
Laura**

Team: Sample Basketball Team
Position/event: Female

Sport: Basketball

Flexibility

		<u>Result</u>	<u>Standard</u>	<u>%Standard</u>
Sit and Reach (cm)	04-nov.-06	37.00	44.00	-0.19%

This test reflects your hamstring and lower back flexibility (range of motion at a specific joint). A good flexibility increases stride length and may decrease the risk of muscle injury during intense training.

Jumping

		<u>Result</u>	<u>Standard</u>	<u>%Standard</u>
CMJ (cm)	04-nov.-06	143.00	170.00	-0.19%

This test reflects your leg muscular power and strength. Results are influenced by the volume and intensity of resistance training targeting the leg muscles

Vert. Jump (cm)	04-nov.-06	40.00	41.00	-0.02%
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Speed

		<u>Result</u>	<u>Standard</u>	<u>%Standard</u>
05m Sprint (s)	04-nov.-06	1.25	1.22	0.02%

This test reflects your acceleration capacity. Results are influenced the volume and intensity of power training targeting the leg muscles

20m sprint (s)	04-nov.-06	4.13	3.50	0.15%
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**Results vs. Standards prepared for :
Melissa**

Team: Sample Basketball Team
Position/event: Female

Sport: Basketball

Flexibility

		<u>Result</u>	<u>Standard</u>	<u>%Standard</u>
Sit and Reach (cm)	04-nov.-06	44.00	44.00	0.00%

This test reflects your hamstring and lower back flexibility (range of motion at a specific joint). A good flexibility increases stride length and may decrease the risk of muscle injury during intense training.

Jumping

		<u>Result</u>	<u>Standard</u>	<u>%Standard</u>
CMJ (cm)	04-nov.-06	167.00	170.00	-0.02%

This test reflects your leg muscular power and strength. Results are influenced by the volume and intensity of resistance training targeting the leg muscles

Vert. Jump (cm)	04-nov.-06	47.00	41.00	0.13%
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Speed

		<u>Result</u>	<u>Standard</u>	<u>%Standard</u>
05m Sprint (s)	04-nov.-06	1.16	1.22	-0.05%

This test reflects your acceleration capacity. Results are influenced the volume and intensity of power training targeting the leg muscles

20m sprint (s)	04-nov.-06	3.44	3.50	-0.02%
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**Results vs. Standards prepared for :
Nathalie**

Team: Sample Basketball Team
Position/event: Female

Sport: Basketball

Flexibility

		<u>Result</u>	<u>Standard</u>	<u>%Standard</u>
Sit and Reach (cm)	04-nov.-06	49.00	44.00	0.10%

This test reflects your hamstring and lower back flexibility (range of motion at a specific joint). A good flexibility increases stride length and may decrease the risk of muscle injury during intense training.

Jumping

		<u>Result</u>	<u>Standard</u>	<u>%Standard</u>
CMJ (cm)	04-nov.-06	117.00	170.00	-0.45%

This test reflects your leg muscular power and strength. Results are influenced by the volume and intensity of resistance training targeting the leg muscles

Vert. Jump (cm)	04-nov.-06	33.00	41.00	-0.24%
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Speed

		<u>Result</u>	<u>Standard</u>	<u>%Standard</u>
05m Sprint (s)	04-nov.-06	1.25	1.22	0.02%

This test reflects your acceleration capacity. Results are influenced the volume and intensity of power training targeting the leg muscles

20m sprint (s)	04-nov.-06	3.90	3.50	0.10%
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**Results vs. Standards prepared for :
Rene**

Team: Sample Basketball Team
Position/event: Female

Sport: Basketball

Flexibility

		<u>Result</u>	<u>Standard</u>	<u>%Standard</u>
Sit and Reach (cm)	04-nov.-06	59.00	44.00	0.25%

This test reflects your hamstring and lower back flexibility (range of motion at a specific joint). A good flexibility increases stride length and may decrease the risk of muscle injury during intense training.

Jumping

		<u>Result</u>	<u>Standard</u>	<u>%Standard</u>
CMJ (cm)	04-nov.-06	158.00	170.00	-0.08%

This test reflects your leg muscular power and strength. Results are influenced by the volume and intensity of resistance training targeting the leg muscles

Vert. Jump (cm)	04-nov.-06	47.00	41.00	0.13%
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Speed

		<u>Result</u>	<u>Standard</u>	<u>%Standard</u>
05m Sprint (s)	04-nov.-06	1.15	1.22	-0.06%

This test reflects your acceleration capacity. Results are influenced the volume and intensity of power training targeting the leg muscles

20m sprint (s)	04-nov.-06	3.59	3.50	0.03%
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**Results vs. Standards prepared for :
Stephanie**

Team: Sample Basketball Team
Position/event: Female

Sport: Basketball

Flexibility

		<u>Result</u>	<u>Standard</u>	<u>%Standard</u>
Sit and Reach (cm)	04-nov.-06	30.00	44.00	-0.47%

This test reflects your hamstring and lower back flexibility (range of motion at a specific joint). A good flexibility increases stride length and may decrease the risk of muscle injury during intense training.

Jumping

		<u>Result</u>	<u>Standard</u>	<u>%Standard</u>
CMJ (cm)	04-nov.-06	160.00	170.00	-0.06%

This test reflects your leg muscular power and strength. Results are influenced by the volume and intensity of resistance training targeting the leg muscles

Vert. Jump (cm)	04-nov.-06	41.00	41.00	0.00%
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Speed

		<u>Result</u>	<u>Standard</u>	<u>%Standard</u>
05m Sprint (s)	04-nov.-06	1.16	1.22	-0.05%

This test reflects your acceleration capacity. Results are influenced the volume and intensity of power training targeting the leg muscles

20m sprint (s)	04-nov.-06	3.38	3.50	-0.04%
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**Results vs. Standards prepared for :
Stephanie**