

Individual Fitness Report prepared for Courtney

Team: Sample Basketball Team
Position/event: Female

Sport: Basketball

Agility

T-Test (s)

04 nov. 2006 12.16 s

Flexibility

Sit and Reach (cm)

04 nov. 2006 58 cm

Jumping

CMJ (cm)

04 nov. 2006 158 cm

Vert. Jump (cm)

04 nov. 2006 37 cm

Speed

05m Sprint (s)

04 nov. 2006 1.22 s 0-5m Velocity: 4.10 m/s/s

20m sprint (s)

04 nov. 2006 3.69 s 0-20m Velocity: 5.42 m/s/s

Individual Fitness Report
prepared for Jill

Team: Sample Basketball Team
Position/event: Female

Sport: Basketball

Agility

T-Test (s)

04 nov. 2006 13.59 s

Flexibility

Sit and Reach (cm)

04 nov. 2006 38 cm

Jumping

CMJ (cm)

04 nov. 2006 119 cm

Vert. Jump (cm)

04 nov. 2006 32 cm

Speed

05m Sprint (s)

04 nov. 2006 1.34 s 0-5m Velocity: 3.73 m/s/s

20m sprint (s)

04 nov. 2006 4.19 s 0-20m Velocity: 4.77 m/s/s

Individual Fitness Report
prepared for Julia

Team: Sample Basketball Team
Position/event: Female

Sport: Basketball

Agility

T-Test (s)

04 nov. 2006 11.47 s

Flexibility

Sit and Reach (cm)

04 nov. 2006 43 cm

Jumping

CMJ (cm)

04 nov. 2006 170 cm

Vert. Jump (cm)

04 nov. 2006 42 cm

Speed

05m Sprint (s)

04 nov. 2006 1.22 s 0-5m Velocity: 4.10 m/s/s

20m sprint (s)

04 nov. 2006 3.6 s 0-20m Velocity: 5.56 m/s/s

Individual Fitness Report
prepared for Katelyn P

Team: Sample Basketball Team
Position/event: Female

Sport: Basketball

Agility

T-Test (s)

04 nov. 2006 13.15 s

Flexibility

Sit and Reach (cm)

04 nov. 2006 39 cm

Jumping

CMJ (cm)

04 nov. 2006 137 cm

Vert. Jump (cm)

04 nov. 2006 33 cm

Speed

05m Sprint (s)

04 nov. 2006 1.28 s 0-5m Velocity: 3.91 m/s/s

20m sprint (s)

04 nov. 2006 3.79 s 0-20m Velocity: 5.28 m/s/s

Individual Fitness Report
prepared for Kewda

Team: Sample Basketball Team
Position/event: Female

Sport: Basketball

Agility

T-Test (s)

04 nov. 2006 11.6 s

Flexibility

Sit and Reach (cm)

04 nov. 2006 40 cm

Jumping

CMJ (cm)

04 nov. 2006 152 cm

Vert. Jump (cm)

04 nov. 2006 37 cm

Speed

05m Sprint (s)

04 nov. 2006 1.25 s 0-5m Velocity: 4.00 m/s/s

20m sprint (s)

04 nov. 2006 3.75 s 0-20m Velocity: 5.33 m/s/s

Individual Fitness Report
prepared for Kristy

Team: Sample Basketball Team
Position/event: Female

Sport: Basketball

Agility

T-Test (s)

04 nov. 2006 12.35 s

Flexibility

Sit and Reach (cm)

04 nov. 2006 41 cm

Jumping

CMJ (cm)

04 nov. 2006 147 cm

Vert. Jump (cm)

04 nov. 2006 37 cm

Speed

05m Sprint (s)

04 nov. 2006 1.22 s 0-5m Velocity: 4.10 m/s/s

20m sprint (s)

04 nov. 2006 3.65 s 0-20m Velocity: 5.48 m/s/s

Individual Fitness Report
prepared for Laura

Team: Sample Basketball Team
Position/event: Female

Sport: Basketball

Agility

T-Test (s)

04 nov. 2006 12.5 s

Flexibility

Sit and Reach (cm)

04 nov. 2006 37 cm

Jumping

CMJ (cm)

04 nov. 2006 143 cm

Vert. Jump (cm)

04 nov. 2006 40 cm

Speed

05m Sprint (s)

04 nov. 2006 1.25 s 0-5m Velocity: 4.00 m/s/s

20m sprint (s)

04 nov. 2006 4.13 s 0-20m Velocity: 4.84 m/s/s

Individual Fitness Report
prepared for Melissa

Team: Sample Basketball Team
Position/event: Female

Sport: Basketball

Agility

T-Test (s)

04 nov. 2006 11.72 s

Flexibility

Sit and Reach (cm)

04 nov. 2006 44 cm

Jumping

CMJ (cm)

04 nov. 2006 167 cm

Vert. Jump (cm)

04 nov. 2006 47 cm

Speed

05m Sprint (s)

04 nov. 2006 1.16 s 0-5m Velocity: 4.31 m/s/s

20m sprint (s)

04 nov. 2006 3.44 s 0-20m Velocity: 5.81 m/s/s

Individual Fitness Report
prepared for Nathalie

Team: Sample Basketball Team
Position/event: Female

Sport: Basketball

Agility

T-Test (s)

04 nov. 2006 13.72 s

Flexibility

Sit and Reach (cm)

04 nov. 2006 49 cm

Jumping

CMJ (cm)

04 nov. 2006 117 cm

Vert. Jump (cm)

04 nov. 2006 33 cm

Speed

05m Sprint (s)

04 nov. 2006 1.25 s 0-5m Velocity: 4.00 m/s/s

20m sprint (s)

04 nov. 2006 3.9 s 0-20m Velocity: 5.13 m/s/s

Individual Fitness Report
prepared for Rene

Team: Sample Basketball Team
Position/event: Female

Sport: Basketball

Agility

T-Test (s)

04 nov. 2006 11.53 s

Flexibility

Sit and Reach (cm)

04 nov. 2006 59 cm

Jumping

CMJ (cm)

04 nov. 2006 158 cm

Vert. Jump (cm)

04 nov. 2006 47 cm

Speed

05m Sprint (s)

04 nov. 2006 1.15 s 0-5m Velocity: 4.35 m/s/s

20m sprint (s)

04 nov. 2006 3.59 s 0-20m Velocity: 5.57 m/s/s

Individual Fitness Report
prepared for Stephanie

Team: Sample Basketball Team
Position/event: Female

Sport: Basketball

Agility

T-Test (s)

04 nov. 2006 11.5 s

Flexibility

Sit and Reach (cm)

04 nov. 2006 30 cm

Jumping

CMJ (cm)

04 nov. 2006 160 cm

Vert. Jump (cm)

04 nov. 2006 41 cm

Speed

05m Sprint (s)

04 nov. 2006 1.16 s 0-5m Velocity: 4.31 m/s/s

20m sprint (s)

04 nov. 2006 3.38 s 0-20m Velocity: 5.92 m/s/s

Individual Fitness Report
prepared for Stephanie