

Fitness Report
SAMPLE TEAM
18/10/2006 - 08/11/2006

Speed

05m Sprint

Changes

	<i>Null Progress Rates Not Displayed</i>	
Bourgeois Brandon	0.03 s	2.40%
Cormier Chris	-0.07 s	-5.88%
Dibonaventura Gino	-0.05 s	-4.13%
Donovan James	0.15 s	12.61%
Fogarty Thomas	-0.03 s	-2.52%
Kreplin Jonathan	0.04 s	3.57%
Letourneau Brittney	-0.16 s	-12.80%
Melanson Jeremy	-0.12 s	-9.60%
Mellon Daniel	-0.14 s	-10.37%
Melwick Brett	0.06 s	5.04%
Murphy Conal	-0.02 s	-1.65%
Raynard Norm	-0.03 s	-2.52%
Vautour Aaron	0.10 s	8.00%
Williams Blake	0.07 s	6.60%
Team Average	-0.01 s	-0.80%

Fitness Report
SAMPLE TEAM
18/10/2006 - 08/11/2006

Sport-Specific Endurance

Hockey Circuit

Changes

	<i>Null Progress Rates Not Displayed</i>	
Bourgeois Brandon	-8.00 s	-5.48%
Cormier Chris	2.00 s	1.50%
Dibonaventura Gino	4.00 s	3.23%
Donovan James	-15.00 s	-10.34%
Fogarty Thomas	7.00 s	5.65%
Kreplin Jonathan	-2.00 s	-1.63%
Letourneau Brittney	8.00 s	6.78%
Melanson Jeremy	5.00 s	3.82%
Mellon Daniel	10.00 s	8.00%
Melwick Brett	-9.00 s	-6.21%
Murphy Conal	4.00 s	3.08%
Paradis Brent	-14.00 s	-9.66%
Raynard Norm	-4.00 s	-2.94%
Ryder Cole	-4.00 s	-3.08%
Vautour Aaron	-2.00 s	-1.47%
Williams Blake	2.00 s	1.67%
Team Average	-1.00 s	-0.44%