



BC SOCCER

GLOBAL GAME. UNIVERSAL PASSION.

FITNESS TESTING PKG.

REPORT AND SPARQ PROTOCOL

BC SOCCER FITNESS TEST PACKAGE

SPARQ

INTRODUCTION

Over the past 6 years, BC Soccer Provincial Team Programs and the CSA National Training Centre Program West have been using the SPARQ Self-testing protocol. This year BC Soccer will be integrating the protocol to our EA Sports BC SPL as the official fitness testing protocol for the league.

The BC Soccer Development Department requests that all EA Sports BC SPL Franchises follow the recognized protocol and conduct 3 tests throughout the season as per the following testing schedule:

- **TEST 1** – February
- **TEST 2** – May
- **TEST 3** – September

Following each testing phase, scores will be submitted into the BC Soccer Science Depart for review. This will enable us to monitor the player's physical abilities and provide us with additional information on the physical preparation taking place at each franchise.

TEST OUTLINE

SPARQ, which stands for Speed, Power, Agility, Reaction and Quickness, was first introduced to our association at the 2007 BC Soccer Coaching Conference by Paul Winsper (SPARQ Trainer / Strength and Conditioning Coach for Toronto FC) and Eric Hakeman (SPARQ Staff Representative).

There are five tests conducted in the protocol:

- Height / Weight
- Vertical Jump Test
- 20-meter sprint
- Arrowhead Agility Test
- Yo-Yo Intermittent Recovery Test.

"Thanks to the introduction of SPARQ Self-Test protocol; we now have an opportunity to collect valuable data, increase our ability evaluate, record and monitor player progress, and provide players and coaches with quality information on how to better train to improve physical condition of our players."

"We are very excited to see what the results will bring and look forward to working with SPARQ to make this happen."

-Markus Reinkens

(Manager of Soccer Science Department, BC Soccer)

HOW TO PREPARE (COACH TRAINER) PRIOR TO TESTING

KNOW THE TEST

Before you arrive to test, it's important to review the testing protocol. Check to make sure you have reviewed the correct set up, the disqualifications for each test, as well as the expected ranges of test results. In addition you can find video demonstrations for each soccer specific test at SPARQtraining.com.

PHYSICALLY PREPARE

Have your score sheets ready prior and complete as much information prior to the athletes arriving. Review the following checklist to make sure you have all the appropriate testing equipment to execute the tests.

CHECK LIST

ADMINISTRATION

- ☐ Score Sheets / Clipboards
- ☐ Pens
- ☐ # Bibs or Jerseys

BODY WEIGHT & HEIGHT

- ☐ Scale
- ☐ Tape Measure

VERTICAL JUMP

- ☐ Jump Mat, Vertec, or Tape Measure
- ☐ Chalk or tape for wall measure

20-METER SPRINT

- ☐ Stopwatch or Electronic Timing Gates
- ☐ Tape Measure
- ☐ Field Markers (Cones)

ARROWHEAD AGILITY

- ☐ Stopwatch or Electronic Timing Gates
- ☐ Tape Measure
- ☐ Field Markers (cones)

YO-YO INTERMITTENT RECOVERY TEST

- ☐ YIRT Audio File (Available for download at SPARQtraining.com)
***GIRLS** - YIRT LEVEL 1 ***BOYS** - YIRT LEVEL 2
- ☐ Audio Player
- ☐ Tape Measure
- ☐ Field Markers (cones)

FIELD SET-UP

Make sure that you have adequate room to execute each test. Expect to spend approximately 30 min setting the field up prior to the event. Field set up is a critical portion of the test and the exact measurements for each exercise needs to be followed. If you set up a testing station incorrectly all of your test results will be invalid.

TEST SEQUENCE

Sprint tests should be performed first immediately after warm-up is complete, while the endurance test is performed last.

TESTING PROTOCOLS

DYNAMIC WARM-UP

Prior to performing SPARQ Testing all athletes should complete a Dynamic Warm-up to ensure that athletes will perform each test at their maximum level and to minimize the risk of injuries.

BODY WEIGHT AND HEIGHT

Weight is part of the SPARQ Rating as it's used along with Vertical Jump height to derive a peak leg power result. Height is needed to profile the athlete relative to other players, especially those in his/her positional group.

Anaerobic energy expressed in the powerful movements of sport is closely related to lean body mass of athletes. Body weight reflects in part the lean (muscle +bone) mass of an athlete. SPARQ combines body weight with vertical jump height to calculate Peak Power, which is factored into the SPARQ Rating.

TESTING PROTOCOL [WEIGHT]

Zero out scale and check to make sure it is calibrated for accuracy.

Remove footwear (shoes/spikes) and any bulky outer clothing.

Record weight to the nearest pound, e.g. 158 lbs. If scale has metric reading, record weight to the nearest tenth of a kilogram, e.g. 71.6 kg.

Kilogram reading is preferred to pounds if available (simplifies rating calculation).

If wearing bulky clothing, subtract 2-3 lbs and record corrected weight.

TESTING PROTOCOL [HEIGHT]

Remove shoes and stand flat-footed on a level surface. Heels should be firmly planted on floor and torso should be erect while head kept flat.

If using measuring tape, measure from base of heel to crown of head.

Measure height to the nearest inch, e.g. 6' 3".

VERTICAL JUMP

SPARQ combines body weight and Vertical Jump height to calculate Peak Power. Peak Power is the athletic attribute plugged into the SPARQ Rating. Your vertical jumping ability – in other words, your Peak Power – has a direct correlation to your ability to accelerate and burn, in practice and at game-time.

DISQUALIFICATION Your vertical jump height will not counted if:

You bend, lift or tuck your legs in flight to extend your flight time.

You step into the jump.

You land on one foot, or if one of your feet lands off the jump mat.

There are any equipment malfunctions that have clearly impaired your jump.

TESTING PROTOCOL

Stand on the mat in a jumping stance with both feet planted.

Use your arms and a countermovement to aid in jump. Jump when you're ready.

Your test administrator will use a handheld device accompanying the mat to measure your flight time. This is automatically converted into your Vertical Jump results.

Your test administrator will record the highest of the two measured jumps.

20-METER SPRINT

Although sprint and high-speed running account for maybe a tenth of the total distance covered in a game by a player in the field, high-intensity running performance is a proven discriminator among athletes of different playing levels. In ball sports, especially, 'off the mark' speed and sprints to the ball (or play) typically dictate possession and the outcomes of decisive situations in a game.

Technical analysis of field sports shows that most young athletes will execute straight-line sprints for an average of 3 seconds (up to a maximum of 5 sec.) before encountering an obstacle or altering direction to gain tactical advantage. For this reason the 20-meter (65.6 feet) sprint is more revealing than longer sprints of the short-track speed and acceleration common to most sports.

DIAGRAM



TESTING PROTOCOL

Start in a 2-foot stance that is most familiar to you and that you think will yield the best time. Counter movements are not permitted. You may step on or touch the starting line. You may lean across the starting line. Hold starting stance for 3 seconds prior to start.

As you accelerate, keep your head down, maintain a fast stride frequency, and drive your arms and legs.

Make sure you run through the finish line. The clock stops when your chest crosses the finish line.

Measure 20 yards (60 feet) on a field or other surface. For the most accurate time, we recommend using a digital timing system, but a stopwatch will work. If you are using a stopwatch, the timing starts with the first movement after the set position. Stop the clock when the athlete's chest crosses the finish line. The athlete runs the 60-yard dash twice, and his or her best time is recorded to the nearest two decimals (for example, a time of 4.453 should be recorded as 4.45).

DISQUALIFICATION

Your 20-meter dash will be disqualified and not counted if:

You use Digital Cones, and starts timer prior to starting dash. (If using Digital Cones please allow athlete to become familiar with vertical plane created by infra-red beam emitted from Digital Cone.)

You false start, ie. starts without being set for 3 seconds and/or uses a rolling/running start.

You start sprint with down hand across the starting line at take-off.

You start the dash and don't complete the dash.

Note: You will be warned after your first disqualification and allowed to redo dash. Any additional dashes in which the athlete does not complete dash as instructed by the protocol, will result in a disqualified dash with no redo.

ARROWHEAD AGILITY

The game demands frequent momentary changes of direction and speed. Athletes with superior agility are able to make the most of their physical attributes (and overcome some limitations) and quickly coordinate movements to gain advantage in match situations. Studies have shown that agility is one of the most powerful discriminators and a potential predictor of talent among otherwise equal players.

TESTING PROTOCOL

If Hand Timing is used, athletes assume an athletic stance on the ENTRY LINE.

If Digital Timing is used, athletes assume an athletic stance 50 centimeters behind the entrance to the agility course (STARTING LINE for Digital Timing).

Put one foot forward on the starting line.

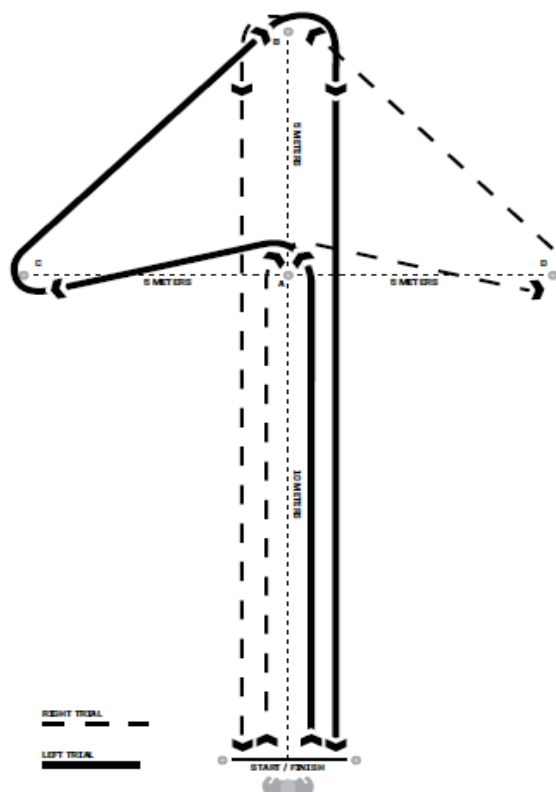
Remain "set" for 2-3 seconds before beginning the test to minimize rocking or countermovement.

A complete test on the Arrowhead Agility Course consists of two trials – one right and one left.

Right Trial: Sprint to 'A' (see diagram). Round the left side of 'A' and sprint to 'D'. Round the right side of 'D' and sprint to 'B'. Round the right side of 'B' and sprint back across the starting line.

Left Trial: Sprint to 'A' (see diagram). Round the right side of 'A' and sprint to 'C'. Round the left side of 'C' and sprint to 'B'. Round the left side of 'B' and sprint back across the starting line.

DIAGRAM



DISQUALIFICATION

Arrowhead times are disqualified and not counted if:

You false starts, i.e. does not remain in a set position for 2-3 seconds or uses a rolling or running start.

You step over any cone instead of going around it.

You run through the cones or flags in the improper order.

Note: You will be warned after your first disqualification and allowed to redo your test. Any additional throws in which you do not execute the throw as instructed by Test Administrator, will result in a DQ with NO opportunity to redo.

YO-YO INTERMITTENT RECOVERY TEST

LEVEL 1 – FEMALES LEVEL 2 – MALES

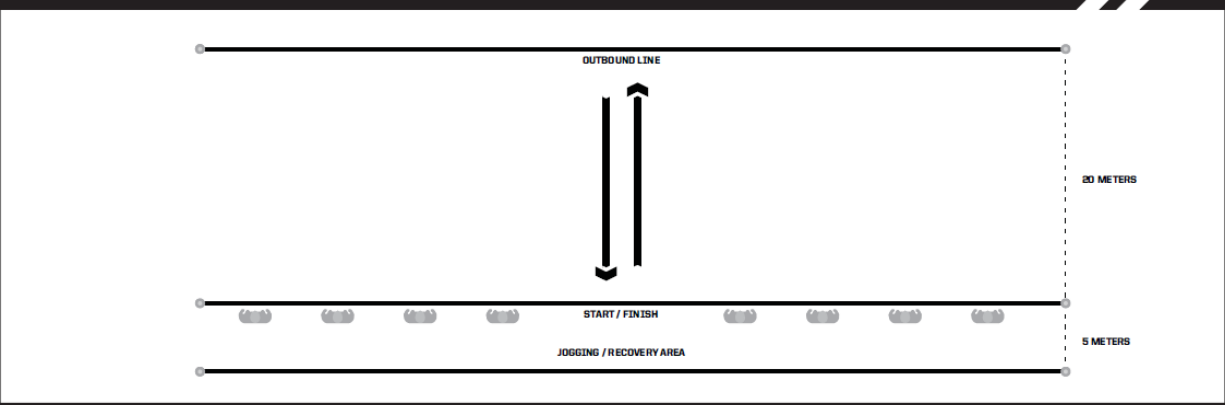
Test Audio Files are available through request to the BC Soccer Science Department.

The Yo-Yo Intermittent Recovery Test (YIRT) is a 20 meter shuttle test with progressively increasing pace as dictated by audio beeps from the test CD. Athletes start out shuttling from one end to the other at a relatively slow pace and then quickly ramp their speed according to the pace set by the beeps. Each bout of intense running (2x20m shuttle) is followed by 10 seconds of recovery prior to the athlete resuming a sprint.

The intermittent nature of the test taxes the energy system, both aerobic and anaerobic, in a way that relates to the intermittent nature of football.

The YIRT is a great indicator of a player's capacity to recover and execute subsequent bouts of intensity. Research has shown that distance covered on the YIRT (as measured by the speed-level and stage attained) relates more closely than $\dot{V}O_2\text{max}$ to key performance variables like competitive classification (elite, sub-elite, recreational). The YIRT is also a great positional discriminator, sensitive to differences in the average recovery capacity of various playing positions such as forward, defense and goalkeeper.

DIAGRAM



TESTING PROTOCOL

- Athletes complete pairs of 20-meter sprints paced by audible cues (beeps); One pair of sprints = one 40-meter shuttle.
- Beeps come in sets of three called Speed Levels. Each Speed Level consists of two 20-meter sprints followed by a 10-second recovery.
- There are 67 Speed Levels in all. It is highly unlikely that any athlete can complete all levels.
- Athletes stand with one foot on the Start/Finish Line.
- At the first beep from the CD, they sprint 20 meters to the 20-meter marker. The athlete must reach the 20-meter marker before the second beep. Each subject waits at the 20-meter marker for the second beep.
- At the second beep from the CD, subjects sprint 20 meters back to the Start/Finish line.
- Each subject must reach the Start/Finish line before the third beep.
- At the third beep, each subject must have broken the plane of the starting line.
- Each then has 10 seconds to jog from the Start/Finish line to and back from the 5-meter marker line of cones or flags (this 10-meter jog represents their active recovery).
- Once they return to the Start/Finish line, subjects wait for the next beep and the start of the next Speed Level.
- This pattern continues for each subject until each receives his second warning. On the second warning for each subject, the test ends.

DISQUALIFICATION Individuals receive a warning if:

- You fail to reach the 20-Meter Marker before the second beep of a Speed Level.
 - You fail to reach the Start/Finish line before the third beep of a Speed Level.
 - You false start by crossing the Start/Finish line or 20-meter marker before cued by the CD.
- Note: This is a maximal test and subjects should be given benefit of the administrator's doubt in administering warnings, dismissals or disqualifications provided the subject is clearly making every effort to advance as far as he can go.

YO-YO INTERMITTENT RECOVERY TEST

LEVEL 1 - FEMALES

YO-YO Intermittent Recovery Test Level I

Progression and conversion chart (Speed levels to Meters Covered)

Level	Speed	Meters Covered
1	5.1	40
2	9.1	80
3	11.1	120
4	11.2	160
5	12.1	200
6	12.2	240
7	12.3	280
8	13.1	320
9	13.2	360
10	13.3	400
11	13.4	440
12	14.1	480
13	14.2	520
14	14.3	560
15	14.4	600
16	14.5	640
17	14.6	680
18	14.7	720
19	14.8	760
20	15.1	800
21	15.2	840
22	15.3	880
23	15.4	920
24	15.5	960
25	15.6	1000
26	15.7	1040
27	15.8	1080
28	16.1	1120
29	16.2	1160
30	16.3	1200
31	16.4	1240

Level	Speed	Meters Covered
32	16.5	1280
33	16.6	1320
34	16.7	1360
35	16.8	1400
36	17.1	1440
37	17.2	1480
38	17.3	1520
39	17.4	1560
40	17.5	1600
41	17.6	1640
42	17.7	1680
43	17.8	1720
44	18.1	1760
45	18.2	1800
46	18.3	1840
47	18.4	1880
48	18.5	1920
49	18.6	1960
50	18.7	2000
51	18.8	2040
52	19.1	2080
53	19.2	2120
54	19.3	2160
55	19.4	2200
56	19.5	2240
57	19.6	2280
58	19.7	2320
59	19.8	2360
60	20.1	2400
61	20.2	2440
62	20.3	2480

Level	Speed	Meters Covered
63	20.4	2520
64	20.5	2560
65	20.6	2600
66	20.7	2640
67	20.8	2680
68	21.1	2720
69	21.2	2760
70	21.3	2800
71	21.4	2840
72	21.5	2880
73	21.6	2920
74	21.7	2960
75	21.8	3000
76	22.1	3040
77	22.2	3080
78	22.3	3120
79	22.4	3160
80	22.5	3200
81	22.6	3240
82	22.7	3280
83	22.8	3320
84	23.1	3360
85	23.2	3400
86	23.3	3440
87	23.4	3480
88	23.5	3520
89	23.6	3560
90	23.7	3600
91	23.8	3640

LEVEL 2 - MALES

YO-YO Intermittent Recovery Test Level II

Progression and conversion chart (Speed levels to Meters Covered)

Level	Speed	Meters Covered
1	11.1	40
2	15.1	80
3	17.1	120
4	17.2	160
5	18.1	200
6	18.2	240
7	18.3	280
8	19.1	320
9	19.2	360
10	19.3	400
11	19.4	440
12	20.1	480
13	20.2	520
14	20.3	560
15	20.4	600
16	20.5	640
17	20.6	680
18	20.7	720
19	20.8	760
20	21.1	800
21	21.2	840
22	21.3	880
23	21.4	920

Level	Speed	Meters Covered
24	21.5	960
25	21.6	1000
26	21.7	1040
27	21.8	1080
28	22.1	1120
29	22.2	1160
30	22.3	1200
31	22.4	1240
32	22.5	1280
33	22.6	1320
34	22.7	1360
35	22.8	1400
36	23.1	1440
37	23.2	1480
38	23.3	1520
39	23.4	1560
40	23.5	1600
41	23.6	1640
42	23.7	1680
43	23.8	1720
44	24.1	1760
45	24.2	1800
46	24.3	1840

Level	Speed	Meters Covered
47	24.4	1880
48	24.5	1920
49	24.6	1960
50	24.7	2000
51	24.8	2040
52	25.1	2080
53	25.2	2120
54	25.3	2160
55	25.4	2200
56	25.5	2240
57	25.6	2280
58	25.7	2320
59	25.8	2360
60	26.1	2400
61	26.2	2440
62	26.3	2480
63	26.4	2520
64	26.5	2560
65	26.6	2600
66	26.7	2640
67	26.8	2680

TEST SCORE SHEET

FULL EXCEL VERSION OF TEST SCORE SHEET IS AVAILABLE ONLINE AT www.bcsoccer.net



OFFICIAL FITNESS TESTING SCORE SHEET

UNDER 18 GIRLS RESULTS

#	FIRST NAME	LAST NAME	GENDER	CLUB TEAM	POSITION	BIRTH YEAR	AGE GROUP	TEST DATE	HEIGHT CM	WEIGHT KG	VJUMP CM	20 MET ER	ARM WHEEL	AGILITY	YOYO TEST
1															
2															
3															
4															
5															
6															
7															
8															
9															
10															
11															
12															
13															
14															
15															
16															
17															
18															

TESTING INFORMATION

LOCATION	
FIELD SURFACE	
WEATHER CONDITIONS	
RECORDER	

TOP	0	0	0.0	0.00	0	0	0
AVERAGE	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!
LOW	0	0	0.0	0	0.00	0	0

BC SOCCER FITNESS TEST RESULTS

BACKGROUND INFORMATION / TESTING ENVIRONMENT

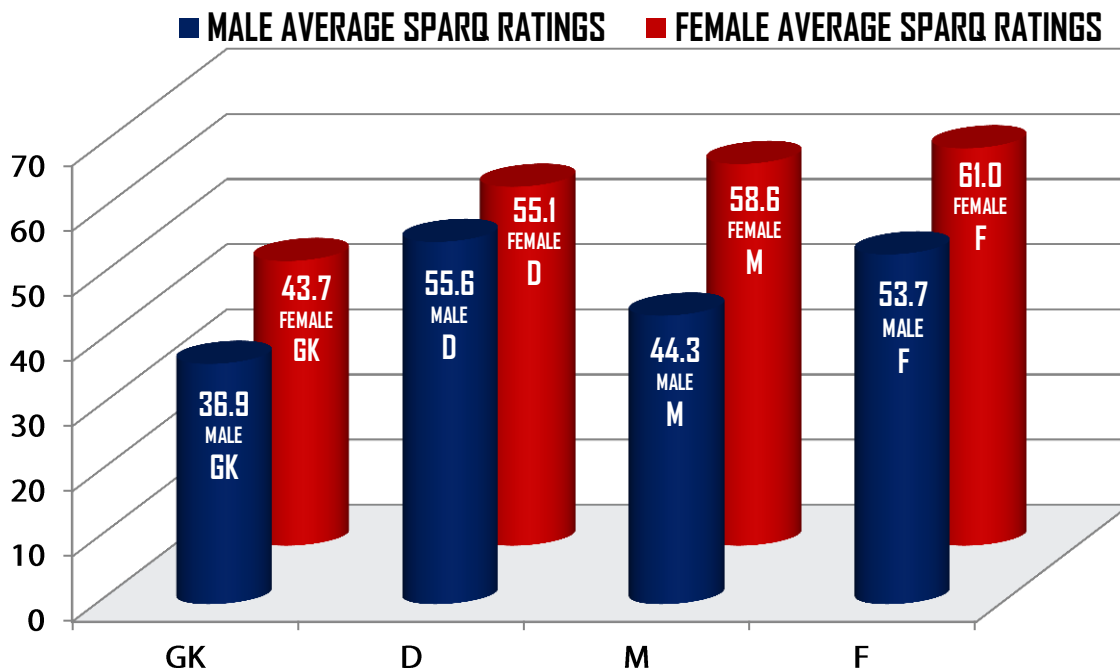
The data for this report has been collected from previous tests starting in 2008. Test scores have been collected from players ages U14 to U16 participating in the National Training Centre West Program and Provincial Team Program. All testing took place indoors on an artificial turf surface. Temperature and climate was a controlled 15° for all testing dates. Tests scores have been grouped by gender, age and position. Scores from the tests have been sorted into High Score, Average Score, and Low Score.

WHEN REVIEWING THE TEST RESULTS:

1. Players should 1st compare the scores from any previously completed tests.
2. Then review the results in comparison to age / gender / and position specific norms.
3. Re-Test after minimum 8 weeks and set goals and objectives for future testing.

COMMON TRENDS:

The chart below compares the positional specific SPARQ rating averages for both male and female BC Soccer Provincial and National Training Centre players aged 13 to 16.



***PLEASE NOTE-** Male and Female SPARQ Ratings are calculated using different formulas and use a different Yo-Yo Test Level, therefore comparing Male ratings to Female Ratings is not applicable.

The data collected suggests that Male defenders ages 13 to 16 on average have the best athletic make up. As for the females we found that Forwards tended to score highest.

To compare age and specific scores please see complete tests results outlined below.

FEMALE TEST RESULTS

FEMALES Under 13 to Under 16 overall results.

AGE GROUP RESULTS	Height (cm)	Weight (Kg)	Vertical (m)	20m. Sprint	Arrow Head		Yo-Yo	SPARQ Rating
					Right	Left		
HIGH SCORE	182.0	81.1	0.67	2.72	8.13	8.13	43	91.1
AVERAGE	165.3	57.1	0.47	3.34	9.08	9.11	21	56.3
LOW SCORE	142.0	36.0	0.31	3.89	10.23	10.5	8	21.9

POSITION SPECIFIC RESULTS		Height (cm)	Weight (Kg)	Vertical (m)	20m sprint	Arrow Head		Yo-Yo	SPARQ Rating
						Right	Left		
GOALKEEPERS	High	182.0	77.9	0.64	2.93	8.87	8.82	22	67.48
	Avg.	168.7	62.6	0.46	3.48	9.40	9.36	14	43.7
	Low	158.0	46.8	0.32	3.89	10.19	10.15	8	21.9
DEFENDERS	High	179.0	81.1	0.62	2.79	8.14	8.27	36	83.85
	Avg.	166.1	57.8	0.47	3.36	9.10	9.13	20	55.1
	Low	156.5	45.6	0.31	3.78	10.1	10.03	9	24.85
MIDFIELDERS	High	179.3	76.1	0.65	2.72	8.2	8.13	39	91.1
	Avg.	163.9	54.8	0.48	3.32	9.02	9.08	23	58.6
	Low	142.0	36.0	0.33	3.74	10.23	10.5	11	29.93
FORWARDS	High	178.5	75.7	0.67	2.72	8.13	8.17	43	84.0
	Avg.	164.6	56.7	0.49	3.27	8.97	8.98	22	61.0
	Low	151.5	42.0	0.36	3.69	9.78	9.75	10	38.83

U16 FEMALE TEST RESULTS

AGE GROUP RESULTS	Height (cm)	Weight (Kg)	Vertical (m)	20m. Sprint	Arrow Head		Yo-Yo	SPARQ Rating
					Right	Left		
HIGH SCORE	182.0	81.1	0.62	2.72	8.13	8.13	43	91.1
AVERAGE	166.8	60.2	0.50	3.28	8.98	8.98	24	62.6
LOW SCORE	142.0	49.2	0.4	3.63	10.19	10.15	13	37.28

POSITION SPECIFIC RESULTS		Height (cm)	Weight (Kg)	Vertical (m)	20m sprint	Arrow Head		Yo-Yo	SPARQ Rating
						Right	Left		
GOALKEEPERS	High	182.0	77.9	0.6	3.33	8.88	8.82	22	58.45
	Avg.	170.4	66.7	0.49	3.44	9.43	9.35	17	47.4
	Low	164.5	49.2	0.43	3.6	10.19	10.15	13	37.28
DEFENDERS	High	179.0	81.1	0.62	2.79	8.18	8.43	34	83.85
	Avg.	169.0	61.3	0.50	3.31	8.92	8.94	24	61.7
	Low	161.0	52.0	0.41	3.59	9.56	9.53	13	46.78
MIDFIELDERS	High	173.0	76.1	0.62	2.72	8.27	8.13	37	91.1
	Avg.	165.0	58.9	0.49	3.27	9.02	9.01	26	63.3
	Low	142.0	51.8	0.4	3.63	9.66	9.59	15	40.78
FORWARDS	High	172.5	71.6	0.57	2.84	8.13	8.17	43	84.00
	Avg.	164.6	57.5	0.50	3.18	8.83	8.83	26	69.35
	Low	158.0	50.0	0.43	3.48	9.32	9.25	14	47.65

U15 FEMALE TEST RESULTS

AGE GROUP RESULTS	Height (cm)	Weight (Kg)	Vertical (m)	20m. Sprint	Arrow Head		Yo-Yo	SPARQ Rating
					Right	Left		
HIGH SCORE	181.5	76.9	0.67	2.72	8.2	8.32	39	87.93
AVERAGE	166.0	58.7	0.49	3.33	9.03	9.03	33	59.1
LOW SCORE	154.0	46.4	0.35	3.89	9.99	9.82	9	30.85

POSITION SPECIFIC RESULTS		Height (cm)	Weight (Kg)	Vertical (m)	20m sprint	Arrow Head		Yo-Yo	SPARQ Rating
						Right	Left		
GOALKEEPERS	High	181.5	76.9	0.57	2.93	8.87	8.9	22	67.48
	Avg.	169.2	62.7	0.48	3.47	9.38	9.29	17	48.3
	Low	163.0	46.8	0.35	3.89	9.99	9.82	9	30.85
DEFENDERS	High	177.0	76.6	0.55	2.89	8.41	8.32	31	81.15
	Avg.	166.9	59.8	0.47	3.34	9.05	9.07	22	56.9
	Low	157.0	50.0	0.36	3.62	9.57	9.62	15	32.38
MIDFIELDERS	High	171.5	68.3	0.65	2.79	8.2	8.34	37	87.93
	Avg.	164.7	56.5	0.50	3.29	8.93	8.97	25	63.0
	Low	157.0	47.2	0.35	3.61	9.93	9.78	16	40.8
FORWARDS	High	177.0	75.7	0.67	2.72	8.26	8.4	39	82.33
	Avg.	164.9	58.3	0.50	3.30	8.97	8.95	23	61.7
	Low	154.0	46.4	0.41	3.69	9.44	9.32	12	43.8

U14 FEMALE TEST RESULTS

AGE GROUP RESULTS	Height (cm)	Weight (Kg)	Vertical (m)	20m. Sprint	Arrow Head		Yo-Yo	SPARQ Rating
					Right	Left		
HIGH SCORE	179.3	70.9	0.67	3.07	8.14	8.27	39	83.83
AVERAGE	165.1	55.4	0.46	3.36	9.12	9.16	20	54.0
LOW SCORE	153.0	36.0	0.31	3.84	10.1	10.5	9	21.9

POSITION SPECIFIC RESULTS		Height (cm)	Weight (Kg)	Vertical (m)	20m sprint	Arrow Head		Yo-Yo	SPARQ Rating
						Right	Left		
GOALKEEPERS	High	177.5	67.6	0.64	3.25	8.92	8.97	20	65.95
	Avg.	167.1	59.8	0.45	3.49	9.35	9.33	14	42.9
	Low	158.0	54.0	0.36	3.84	10.09	9.86	9	21.9
DEFENDERS	High	175.0	68.9	0.58	3.1	8.14	8.27	36	80.35
	Avg.	165.2	55.4	0.45	3.37	9.16	9.17	30	53.2
	Low	156.5	46.2	0.31	3.78	10.1	10.03	11	24.85
MIDFIELDERS	High	179.3	67.6	0.58	3.11	8.25	8.49	39	79.98
	Avg.	164.0	53.5	0.46	3.35	9.07	9.14	23	55.5
	Low	153.0	36.0	0.33	3.74	10	10.5	14	29.93
FORWARDS	High	177.0	70.9	0.67	3.07	8.65	8.67	36	83.83
	Avg.	165.5	56.1	0.48	3.29	9.01	9.09	20	58.5
	Low	153.5	42.0	0.36	3.58	9.53	9.75	13	41.83

U13 FEMALE TEST RESULTS

AGE GROUP RESULTS	Height (cm)	Weight (Kg)	Vertical (m)	20m. Sprint	Arrow Head		Yo-Yo	SPARQ Rating
					Right	Left		
HIGH SCORE	178.5	74.6	0.6	3.11	8.53	8.55	38	79.7
AVERAGE	163.0	54.0	0.45	3.40	9.19	9.27	17	48.9
LOW SCORE	151.5	39.6	0.32	3.74	10.23	9.95	8	26.43

POSITION SPECIFIC RESULTS		Height (cm)	Weight (Kg)	Vertical (m)	20m sprint	Arrow Head		Yo-Yo	SPARQ Rating
						Right	Left		
GOALKEEPERS	High	176.0	74.6	0.46	3.43	9.25	9.19	16	41.48
	Avg.	168.6	62.6	0.41	3.55	9.49	9.54	12	34.3
	Low	162.0	47.2	0.32	3.74	9.82	9.71	8	26.43
DEFENDERS	High	169.0	62.1	0.6	3.26	8.68	8.66	25	68.6
	Avg.	162.6	54.4	0.46	3.41	9.27	9.37	17	47.4
	Low	157.5	45.6	0.34	3.63	9.8	9.83	9	27.1
MIDFIELDERS	High	172.0	63.0	0.58	3.23	8.53	8.55	38	79.7
	Avg.	161.6	50.7	0.46	3.38	9.09	9.20	20	52.6
	Low	154.0	39.6	0.34	3.63	10.23	9.95	11	31.78
FORWARDS	High	178.5	61.2	0.58	3.11	8.58	8.56	30	70.98
	Avg.	162.7	53.9	0.46	3.33	9.09	9.08	18	53.0
	Low	151.5	43.0	0.38	3.55	9.78	9.58	10	38.83

MALE TEST RESULTS

MALES Under 13 to Under 16 overall results.

AGE GROUP RESULTS	Height (cm)	Weight (Kg)	Vertical (m)	20m. Sprint	Arrow Head		Yo-Yo	SPARQ Rating
					Right	Left		
HIGH SCORE	195.0	84.6	0.82	2.59	7.20	7.66	23	110.4
AVERAGE	171.9	62.4	0.57	3.14	8.62	8.65	12	49.20
LOW SCORE	146.5	38.1	0.40	3.74	9.93	9.98	3	10.73

POSITION SPECIFIC RESULTS		Height (cm)	Weight (Kg)	Vertical (m)	20m sprint	Arrow Head		Yo-Yo	SPARQ Rating
						Right	Left		
GOALKEEPERS	High	195.0	83.4	0.80	3.00	7.78	7.93	18	77.5
	Avg.	175.5	65.5	0.54	3.29	8.91	8.97	8	36.49
	Low	149.5	39.6	0.43	3.74	9.90	9.98	3	10.73
DEFENDERS	High	192.0	82.2	0.82	2.59	7.20	7.66	23	110.4
	Avg.	174.0	64.7	0.58	3.08	8.53	8.58	12	55.62
	Low	149.5	39.2	0.41	3.60	9.49	9.60	5	12.50
MIDFIELDERS	High	184.5	79.7	0.78	2.72	7.59	7.79	21	88.6
	Avg.	170.0	59.6	0.55	3.18	8.70	8.70	12	44.30
	Low	146.5	39.0	0.40	3.55	9.93	9.50	4	13.15
FORWARDS	High	188.5	84.6	0.80	2.68	7.87	7.86	21	81.6
	Avg.	170.2	61.6	0.58	3.07	8.50	8.52	12	53.70
	Low	148.0	38.1	0.44	3.50	9.89	9.57	5	17.25

U16 MALES TEST RESULTS

AGE GROUP RESULTS	Height (cm)	Weight (Kg)	Vertical (m)	20m. Sprint	Arrow Head		Yo-Yo	SPARQ Rating
					Right	Left		
HIGH SCORE	195.0	84.6	0.82	2.71	7.32	7.66	21	110.4
AVERAGE	177.2	69.1	0.60	3.03	8.42	8.46	13	62.70
LOW SCORE	162.5	56.6	0.44	3.44	9.23	9.12	8	30.15

POSITION SPECIFIC RESULTS		Height (cm)	Weight (Kg)	Vertical (m)	20m sprint	Arrow Head		Yo-Yo	SPARQ Rating
						Right	Left		
GOALKEEPERS	High	195.0	83.0	0.64	3.00	8.37	8.47	13	56.2
	Avg.	184.7	76.1	0.57	3.15	8.75	8.77	11	48.57
	Low	175.0	67.8	0.50	3.35	9.03	9.03	8	38.05
DEFENDERS	High	192.0	82.2	0.82	2.71	7.32	7.66	21	110.4
	Avg.	179.0	71.4	0.61	2.98	8.29	8.40	15	69.16
	Low	171.0	60.4	0.47	3.16	8.78	9.12	11	44.38
MIDFIELDERS	High	184.5	79.0	0.69	2.90	7.59	7.79	21	88.6
	Avg.	176.7	67.5	0.58	3.08	8.56	8.57	12	57.12
	Low	163.0	60.8	0.44	3.44	9.23	9.02	8	30.15
FORWARDS	High	183.0	84.6	0.67	2.84	7.87	7.86	21	81.6
	Avg.	173.6	65.7	0.60	2.99	8.33	8.33	13	64.86
	Low	162.5	56.6	0.50	3.20	8.73	8.81	8	45.63

U15 MALES TEST RESULTS

AGE GROUP RESULTS	Height (cm)	Weight (Kg)	Vertical (m)	20m. Sprint	Arrow Head		Yo-Yo	SPARQ Rating
					Right	Left		
HIGH SCORE	190.0	83.4	0.80	2.59	7.20	7.71	23	101.0
AVERAGE	175.9	67.3	0.59	3.07	8.51	8.52	12	57.26
LOW SCORE	154.5	44.8	0.40	3.65	9.72	9.32	7	27.50

POSITION SPECIFIC RESULTS		Height (cm)	Weight (Kg)	Vertical (m)	20m sprint	Arrow Head		Yo-Yo	SPARQ Rating
						Right	Left		
GOALKEEPERS	High	190.0	83.4	0.80	3.02	7.78	7.93	18	77.5
	Avg.	180.6	70.5	0.58	3.21	8.62	8.68	11	47.46
	Low	174.0	58.6	0.46	3.65	9.15	9.16	7	27.50
DEFENDERS	High	189.5	79.3	0.80	2.59	7.20	7.71	23	101.0
	Avg.	177.0	68.9	0.61	2.98	8.39	8.43	14	66.38
	Low	164.0	56.8	0.43	3.26	8.98	9.03	8	34.50
MIDFIELDERS	High	183.5	79.7	0.78	2.72	7.69	7.98	21	79.4
	Avg.	174.8	64.6	0.56	3.12	8.61	8.59	12	50.94
	Low	164.0	50.8	0.40	3.46	9.72	9.22	7	28.88
FORWARDS	High	183.5	79.7	0.78	2.72	7.69	7.98	21	79.4
	Avg.	174.8	64.6	0.56	3.12	8.61	8.59	12	50.94
	Low	164.0	50.8	0.40	3.46	9.72	9.22	7	28.88

U14 MALES TEST RESULTS

AGE GROUP RESULTS	Height (cm)	Weight (Kg)	Vertical (m)	20m. Sprint	Arrow Head		Yo-Yo	SPARQ Rating
					Right	Left		
HIGH SCORE	187.0	77.2	0.65	2.76	7.97	8.09	20	75.8
AVERAGE	169.8	59.1	0.54	3.18	8.74	8.78	11	41.14
LOW SCORE	150.5	41.4	0.40	3.55	9.90	9.98	4	15.70

POSITION SPECIFIC RESULTS		Height (cm)	Weight (Kg)	Vertical (m)	20m sprint	Arrow Head		Yo-Yo	SPARQ Rating
						Right	Left		
GOALKEEPERS	High	187.0	77.2	0.58	3.23	8.62	8.78	9	35.2
	Avg.	175.6	63.0	0.51	3.34	9.25	9.31	7	25.08
	Low	166.0	46.2	0.43	3.44	9.90	9.98	4	15.70
DEFENDERS	High	185.0	74.6	0.64	2.76	8.03	8.27	20	66.3
	Avg.	173.3	63.4	0.55	3.14	8.69	8.70	12	45.19
	Low	163.0	49.6	0.46	3.52	9.46	9.50	8	24.45
MIDFIELDERS	High	177.0	68.4	0.65	3.03	8.30	8.29	18	53.1
	Avg.	164.1	53.0	0.53	3.24	8.82	8.86	11	36.06
	Low	150.5	41.4	0.40	3.55	9.31	9.37	6	20.08
FORWARDS	High	179.0	67.2	0.65	2.76	7.97	8.09	18	75.8
	Avg.	169.3	58.7	0.56	3.08	8.51	8.55	12	49.10
	Low	151.0	42.1	0.44	3.23	9.04	8.82	8	35.05

U13 MALES TEST RESULTS

AGE GROUP RESULTS	Height (cm)	Weight (Kg)	Vertical (m)	20m. Sprint	Arrow Head		Yo-Yo	SPARQ Rating
					Right	Left		
HIGH SCORE	177.5	61.4	0.80	2.90	8.24	8.16	13	67.4
AVERAGE	159.5	47.6	0.52	3.35	8.98	9.01	8	25.22
LOW SCORE	146.5	38.1	0.41	3.74	9.93	9.60	3	10.73

POSITION SPECIFIC RESULTS		Height (cm)	Weight (Kg)	Vertical (m)	20m sprint	Arrow Head		Yo-Yo	SPARQ Rating
						Right	Left		
GOALKEEPERS	High	161.0	61.4	0.53	3.39	9.07	9.16	8	17.8
	Avg.	155.9	47.5	0.48	3.53	9.36	9.42	5	14.07
	Low	149.5	39.6	0.43	3.74	9.79	9.57	3	10.73
DEFENDERS	High	177.5	60.0	0.60	2.90	8.24	8.16	13	67.4
	Avg.	161.5	47.8	0.51	3.37	8.98	9.04	8	26.19
	Low	149.5	39.2	0.41	3.60	9.49	9.60	5	12.50
MIDFIELDERS	High	171.0	58.2	0.58	3.04	8.36	8.30	13	45.6
	Avg.	158.0	46.9	0.51	3.35	8.93	8.94	8	24.89
	Low	146.5	39.0	0.41	3.54	9.93	9.50	4	13.15
FORWARDS	High	173.5	55.6	0.80	3.01	8.28	8.47	12	52.5
	Avg.	160.8	48.2	0.55	3.25	8.86	8.86	8	30.11
	Low	148.0	38.1	0.47	3.50	9.89	9.57	5	17.25