



Physical Assessments:

Name:

Height:

Weight:

Sex:

Age:

Relative Age:

Test 1 Date:	Result:	Area of Focus?	Comments	Test 2 Date:	Result:	% Difference	Comments
Long Jump							
Vertical Jump							
Front Plank							
Chin Up							
Dip							
Shot Put							
2 Hand Push Ball with Jump							
1 minute Court Sprint							
Illinois Agility Test							
5 minute Court Lengths							

Cooper Test							
Viking Test							

Conclusions Test 1:

Aerobic Level:
Anaerobic Level:
Core Stability:
Strength:
Speed:
Flexibility:
Areas of Focus-To Effect Positive Change?

Conclusions Test 2:

Aerobic Level:
Anaerobic Level:
Core Stability:
Strength:
Speed:
Flexibility:
Areas of Focus-Did you Effect Positive Change?