

EDGE

ATHLETE TESTING



www.edgetesting.com.au



Leading Edge Athlete Testing

- Speed Testing & Performance Analysis
- Accurate Timing
- Reactive Agility & Decision Making Testing
- Individual & Group Testing (Team & Club)
- On site testing at your facility



Edge Testing Report
Overall Assessment & Results

Testing Date: 20/10/13 Athlete Count: 82
Test Location: Edge-Testing Venue
Sorted by: Overall Result

Club	School	Edge-Testing Venue	Sport	Age	Test Date	Event	Result	Speed	Power	Strength	Endurance	Agility	Vertical	Overall	Pass
10	9/00/13	APFL	10	10/01/13	APFL	5.0	3.5	2.2	5.0	1.94					
9	9/00/13	APFL	9	10/01/13	APFL	4.7	3.2	2.1	4.8	1.84					
10	9/00/13	APFL	10	10/01/13	APFL	1.6	5.0	3.3	4.5	1.62					
9	9/00/13	APFL	9	10/01/13	APFL	3.5	3.2	3.2	3.8	1.52					
10	9/00/13	APFL	10	10/01/13	APFL	3.0	3.5	2.9	4.1	1.38					
9	9/00/13	APFL	9	10/01/13	APFL	3.3	2.9	2.4	3.9	1.35					
8	9/00/13	APFL	8	10/01/13	APFL	4.0	2.4	4.5	2.5	1.35					
7	9/00/13	APFL	7	10/01/13	APFL	3.6	2.3	3.4	3.9	1.32					
9	9/00/13	APFL	9	10/01/13	APFL	3.4	2.9	3.5	3.2	1.26					
7	9/00/13	APFL	7	10/01/13	APFL	4.4	2.3	3.7	2.6	1.23					
9	9/00/13	APFL	9	10/01/13	APFL	3.2	4.2	2.1	3.2	1.18					
10	9/00/13	APFL	10	10/01/13	APFL	3.9	3.2	2.2	3.3	1.16					
9	9/00/13	APFL	9	10/01/13	APFL	2.9	2.7	3.2	3.8	1.15					
7	9/00/13	APFL	7	10/01/13	APFL	3.3	2.3	5.0	1.8	1.09					
10	9/00/13	APFL	10	10/01/13	APFL	2.2	3.4	2.9	3.7	1.07					
9	9/00/13	APFL	9	10/01/13	APFL	2.8	2.4	2.6	3.4	1.06					
9	9/00/13	APFL	9	10/01/13	APFL	2.9	2.9	3.9	2.6	1.05					
9	9/00/13	APFL	9	10/01/13	APFL	2.9	3.4	2.2	3.5	1.00					
9	9/00/13	APFL	9	10/01/13	APFL	3.9	4.4	0.0	3.8	1.02					
10	9/00/13	APFL	10	10/01/13	APFL	2.8	2.9	2.0	4.1	1.26					
9	9/00/13	APFL	9	10/01/13	APFL	2.8	2.6	3.4	2.8	1.20					
10	9/00/13	APFL	10	10/01/13	APFL	3.0	2.1	2.5	3.3	1.25					
7	9/00/13	APFL	7	10/01/13	APFL	3.0	2.6	3.1	2.7	1.23					
10	9/00/13	APFL	10	10/01/13	APFL	3.3	3.1	2.0	2.9	1.21					
9	9/00/13	APFL	9	10/01/13	APFL	3.9	3.9	2.1	3.0	1.22					
9	9/00/13	APFL	9	10/01/13	APFL	2.5	3.1	2.8	2.2	1.26					
10	9/00/13	APFL	10	10/01/13	APFL	1.4	2.4	2.4	3.9	1.22					
7	9/00/13	APFL	7	10/01/13	APFL	3.2	2.1	2.2	2.2	1.26					
10	9/00/13	APFL	10	10/01/13	APFL	1.0	2.1	4.1	3.0	1.24					
7	9/00/13	APFL	7	10/01/13	APFL	1.3	3.1	2.2	3.4	1.24					
7	9/00/13	APFL	7	10/01/13	APFL	3.2	1.1	4.3	1.1	1.25					
9	9/00/13	APFL	9	10/01/13	APFL	1.4	2.9	1.8	3.4	1.27					
7	9/00/13	APFL	7	10/01/13	APFL	2.9	0.6	3.4	2.3	1.23					
7	9/00/13	APFL	7	10/01/13	APFL	1.9	1.9	2.1	3.0	1.22					
7	9/00/13	APFL	7	10/01/13	APFL	1.7	0.8	2.7	2.3	1.27					
7	9/00/13	APFL	7	10/01/13	APFL	2.1	1.6	1.4	2.1	1.23					
8	9/00/13	APFL	8	10/01/13	APFL	1.0	1.8	1.8	2.0	1.24					
9	9/00/13	APFL	9	10/01/13	APFL	1.1	1.8	3.0	0.9	1.21					
8	9/00/13	APFL	8	10/01/13	APFL	0.6	1.5	1.3	2.5	1.25					
7	9/00/13	APFL	7	10/01/13	APFL	1.5	1.3	1.7	1.3	1.25					
7	9/00/13	APFL	7	10/01/13	APFL	1.3	0.6	2.4	1.6	1.20					
7	9/00/13	APFL	7	10/01/13	APFL	1.7	0.0	3.2	0.2	1.21					
7	9/00/13	APFL	7	10/01/13	APFL	2.4	0.2	1.0	1.0	1.16					
7	9/00/13	APFL	7	10/01/13	APFL	1.1	0.5	2.8	0.3	1.14					
7	9/00/13	APFL	7	10/01/13	APFL	0.9	0.2	3.4	0.0	1.11					
8	9/00/13	APFL	8	10/01/13	APFL	1.7	0.2	2.2	0.2	1.06					
7	9/00/13	APFL	7	10/01/13	APFL	0.7	0.8	2.0	0.7	1.04					
10	9/00/13	APFL	10	10/01/13	APFL	0.3	2.4	0.8	0.2	0.95					
7	9/00/13	APFL	7	10/01/13	APFL	0.0	0.6	2.4	0.4	0.88					
7	9/00/13	APFL	7	10/01/13	APFL										Yes
8	9/00/13	APFL	8	10/01/13	APFL										Yes
8	9/00/13	APFL	8	10/01/13	APFL										Yes
8	9/00/13	APFL	8	10/01/13	APFL										Yes
9	9/00/13	APFL	9	10/01/13	APFL										Yes
9	9/00/13	APFL	9	10/01/13	APFL										Yes
9	9/00/13	APFL	9	10/01/13	APFL										Yes
9	9/00/13	APFL	9	10/01/13	APFL										Yes
9	9/00/13	APFL	9	10/01/13	APFL										Yes
9	9/00/13	APFL	9	10/01/13	APFL										Yes
10	9/00/13	APFL	10	10/01/13	APFL										Yes
10	9/00/13	APFL	10	10/01/13	APFL										Yes
10	9/00/13	APFL	10	10/01/13	APFL										Yes
10	9/00/13	APFL	10	10/01/13	APFL										Yes
10	9/00/13	APFL	10	10/01/13	APFL										Yes

Group Analysis & Ranking

SMASH / EDGE Testing
Fitness Testing Player Report

1 Page Report Format

These are the fitness testing results for Smash Advanced Squad
The tests were conducted at: Roweville Secondary College
On: Sun, 20th Oct 2013

Group: Advanced

Age Actual: First Name, Surname
Edge Athlete

11 / 11 tests complete: 100%
Overall above or below Average: 13%

EDGE ATHLETE TESTING

Speed/Power: 7%
Strength: 23%
Endurance: 3%
Overall: 13%

Height/Weight

Height: 182 DoB: []
Weight: 62
BMI: 18.7 Normal

Group Average: 177 Minimum: 142 Maximum: 193
Average: 69 Minimum: 31 Maximum: 86

Speed/Power

20m Sprint: 1.141 1.874 1.874 1.136 1 5% 3.31 3.924 2.976
20-25 MaxV: 3.704 8.80 2 8% 8.19 8.974 9.208

Standing VL: 294 58 292 3 7% 51.4 28 67
Running VL: 30% 80 314 4 23% 65.1 32 80

Agility AFL

Agility T: 8.100 8.352 8.100 5 12% 8.04 10.924 8.100
7.81 7.87 7.810 6 2% 7.74 7.870 7.810

Strength

Reps in 60s: Squat: 62 KB Calc: 12.4 Actual: 12 7 15% 54.0 45 64
Pushup: 63 8 28% 49.4 34 65
Chinups: 24 9 49% 16.2 8 29
Core: 61 10 2% 60.1 60 61

Endurance

Beep Test: 15.2 11 3.1% 14.8 12.7 15.2

Test Descriptions and Information
Testing covered a range of fitness tests for speed, power, acceleration, strength, agility and endurance and also biometric measurement.

SPEED & ACCELERATION (seconds)
20m Sprint: This is a measure of acceleration from a standing start over a distance of 20m. It is an indication of leg strength, running technique and the ability to accelerate quickly in a straight line.
Max Velocity: A measure of the athlete's velocity in m/s between the 20-25m markers.

POWER (cm)
Standing Vertical Leap: This measures leg power and the ability to jump vertically from a standing start.

AGILITY (seconds)
Agility Tests (T & AFL): These measure the ability to change direction and speed as quickly as possible to complete a designated course.

STRENGTH

Individual Detailed Report Format

We can test individuals or large groups from 1 to more than 600. We can rank and analyse results. Call or email for more information and pricing. Customised tests and reports to suit your requirements.
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