Pathway to Gold High Performance Camp

Test	1600m - time in mins/sec			10m sprint - time in sec/10ths			20m sprint - time in sec/10ths			Vertical Jump - height in cm		
Comment	Excellent	Satisfactory	Room for	Excellent	Satisfactory	Room for	Excellent	Satisfactory	Room for	Excellent	Satisfactory	Room for
			Improvement			Improvement			Improvement			Improvement
Rank #	1	2	3	1	2	3	1	2	3	1	2	3
14 yrs	<6.20	6.21-7.00	>7.01	<1.85	1.85-1.95	>1.95	<3.1	3.1-3.4	>3.4	>55	54-33	<32
13 yrs	<6.25	6.26-7.05	>7.06	<1.9	1.9-2.0	>2.0	<3.2	3.2-3.5	>3.5	>52	51-30	<31
12 yrs	<6.30	6.31-7.10	>7.11	<1.95	1.95-2.05	>2.05	<3.3	3.3-3.6	>3.6	>50	49-31	<30
11 yrs	<6.35	6.36-7.15	>7.16	<2.0	2.0-2.1	>2.1	<3.4	3.4-3.7	>3.7	>48	47-30	<29

Key

Rank # Comment

- 1 Your result is an excellent score for a player of your age. You need to include regular drills/activities into your training to maintain and enhance this area of physical performance.
- Your result is an satisfactory score for a player of your age. You need to include regular drills/activities into your training to maintain and improve this area of physical performance.
- **3** Your result indicates room for improvement for a player of your age. You need to include regular drills/activities into your training to ensure you improve this area of physical performance.