

Lifeski Academy TESTING PROTOCOL

Date: Oct 20, 2018 **Place:** Twin Lakes HS track

Condition: 7°C, windy, sunny

Name	General Tests										Specific Tests									
	Bend +/- cm	Sit-up/ 1 min #	Medicineball Throw 2/3 KG m			Standing Jump m			Pull-ups #	60 m s	10 x Jump m			1500/ 800m min	Poles-run 5 – 6 x 400 m Hill min			Double poling 5 – 6 x 1600 Ft Hill min		
Jan	-7	47	7.20	7.56	7.84	1.94	2.26	2.26	12	8.9	23.57	24.08	23.87	5:15.6						
Anna	-12	49	5.56	6.69	6.56	1.99	2.10	2.02	10	9.3	21.76	21.91	22.09	5:59.6						
Cooper	-8	45	6.76	5.85	6.83	1.91	1.80	1.94	4	9.3	21.19	21.93	20.83	5:21.8						
Mya	0	49	6.89	-	6.60	1.86	1.96	1.97	10	9.9	21.08	21.55	21.40	6:25.1						
Tilson	-5	46	-	5.36	5.86	1.85	1.90	1.86	2	10.4	20.11	20.02	20.93	5:21.3						
Simon	21	47	4.13	4.01	-	1.87	1.87	1.91	9	9.8	20.05	19.24	20.02	3:10.3						