

# ATHLETIC PROFILING REPORT

Athlete Name

TEAM BATH  
FUTURES

Age	Personal Bests	10			11			12			13			14			15			16			17			18		
Month		Sep10	Jan10	Apr10	Sep11	Jan11	Apr11	Sep12	Jan12	Apr12	Sep13	Jan13	Apr13	Sep14	Jan14	Apr14	Sep15	Jan15	Apr15	Sep16	Jan16	Apr16	Sep17	Jan17	Apr17	Sep18	Jan18	Apr18
ANTHROPOMETRICS PROFILE																												
Height (cm)		154.5	155.8	156.5	157.8	158.9	160	161.4	163.8	165.4	166	167.1	167.8	168.4	172.5	176.5	179.9	180.1	184.4	185.5	187.8	188.5	188.9	189.9	190.4	190.9	191.8	192
Weight (kg)		43.8	44	45	46	46.5	47.7	48.7	50.1	51.5	51.9	52.5	58	60	65	66	68	69	70	72	80.0	84.0	85	87	90	93.2	94.5	95

MOVEMENT PROFILE																												
Bodyweight Squat /5	5	1	2	3	2	3	3	3	4	4	4	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
RDL /5	5	1	2	2	3	3	3	3	3	4	4	4	4	4	4	5	5	5	5	5	5	5	5	5	5	5	5	5
Left Split Squat /5	5	2	2	2	2	2	2	3	3	3	3	3	4	4	4	4	5	5	5	4	4	5	5	5	5	5	5	5
Right Split Squat /5	5	2	2	2	2	2	2	3	3	3	3	3	4	4	4	4	5	5	5	4	4	5	5	5	5	5	5	5
Push Up /5	5	2	2	2	2	2	2	3	3	3	3	3	3	4	4	4	5	5	5	5	5	5	5	5	5	5	5	5

STRENGTH PROFILE																												
Isometric Squat (n)	4200	850	880	900	940	940	980	1100	1200	1400	1500	1650	1700	1750	1800	1900	2000	2100	2200	2400	2500	2850	3000	3500	3800	4000	4100	4200
Relative To Bodymass	44	19.41	20	20	20.43	20.22	20.55	22.59	23.95	27.18	28.9	31.43	29.31	29.17	27.69	28.79	29.41	30.43	31.43	33.33	31.25	33.93	35.29	40.23	42.22	42.92	43.39	44.21
Main Lower Limb (kg)	160																80	85	95	100	110	115	120	125	130	140	150	160
Relative To Bodymass	1.684																1.176	1.232	1.357	1.389	1.375	1.369	1.412	1.437	1.444	1.502	1.587	1.684
Main Upper Limb Push (kg)	160																80	85	95	100	110	115	120	125	130	140	150	160
Relative To Bodymass	1.684																1.176	1.232	1.357	1.389	1.375	1.369	1.412	1.437	1.444	1.502	1.587	1.684
Main Upper Limb Pull (kg)	160																80	85	95	100	110	115	120	125	130	140	150	160
Relative To Bodymass	1.684																1.176	1.232	1.357	1.389	1.375	1.369	1.412	1.437	1.444	1.502	1.587	1.684

POWER & REACTIVITY PROFILE																												
CMJ Height (cm)	47	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47
CMJ Peak Power (w)	4200	850	880	900	940	940	980	1100	1200	1400	1500	1650	1700	1750	1800	1900	2000	2100	2200	2400	2500	2850	3000	3500	3800	4000	4100	4200
CMJ Relative Power (w/kg)	44.2	19.41	20	20	20.43	20.22	20.55	22.59	24.0	27.18	28.9	31.43	29.31	29.17	27.69	28.79	29.41	30.43	31.43	33.33	31.25	33.93	35.29	40.23	42.22	42.92	43.39	44.21
Bilateral 10 Hop Mean RSI (FT/CT)	4.1	1.5	1.6	1.7	1.8	1.9	2	2.1	2.2	2.3	2.4	2.5	2.6	2.7	2.8	2.9	3	3.1	3.2	3.3	3.4	3.5	3.6	3.7	3.8	3.9	4	4.1
Mean Contact Time (ms)	224	250	249	248	247	246	245	244	243	242	241	240	239	238	237	236	235	234	233	232	231	230	229	228	227	226	225	224
Dynamic Strength Index	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00

SPEED & ACCELERATION PROFILE																												
10m Acceleration (s)	1.74	2.05	1.99	1.98	1.97	1.96	1.95	1.94	1.93	1.92	1.91	1.9	1.89	1.88	1.87	1.86	1.85	1.84	1.83	1.82	1.81	1.8	1.79	1.78	1.77	1.76	1.75	1.74
30m Speed (s)	3.14	3.4	3.39	3.38	3.37	3.36	3.35	3.34	3.33	3.32	3.31	3.3	3.29	3.28	3.27	3.26	3.25	3.24	3.23	3.22	3.21	3.2	3.19	3.18	3.17	3.16	3.15	3.14
40m Speed (s)	3.84	4.1	4.09	4.08	4.07	4.06	4.05	4.04	4.03	4.02	4.01	4	3.99	3.98	3.97	3.96	3.95	3.94	3.93	3.92	3.91	3.9	3.89	3.88	3.87	3.86	3.85	3.84
Fly 10 Time (30-40m) (s)	1.24	1.5	1.49	1.48	1.47	1.46	1.45	1.44	1.43	1.42	1.41	1.4	1.39	1.38	1.37	1.36	1.35	1.34	1.33	1.32	1.31	1.3	1.29	1.28	1.27	1.26	1.25	1.24
Predicted Max Velocity	8.1	6.7	6.7	6.8	6.8	6.9	6.9	7.0	7.0	7.1	7.1	7.2	7.2	7.3	7.4	7.4	7.5	7.5	7.6	7.6	7.7	7.8	7.8	7.9	7.9	8.0	8.1	

CAPACITY PROFILE																												
Long Adductor Hold Left (s)	45																											
Long Adductor Hold Right (s)	45																											
90-90 Hamstring Bridge Left (Reps)	30	25	25	25	25	25	25	28	28	28	30	30	30	28	25	30	30	30	25	25	28	28	28	30	30	30	30	30
90-90 Hamstring Bridge Right (Reps)	30	25	25	25	25	25	25	28	28	28	30	30	30	28	25	30	30	30	25	25	28	28	28	30	30	30	30	30
Calf Raise Left (Reps)	30	25	25	25	25	25	25	28	28	28	30	30	30	28	25	30	30	30	25	25	28	28	28	30	30	30	30	30
Calf Raise Right (Reps)	30	25	25	25	25	25	25	28	28	28	30	30	30	28	25	30	30	30	25	25	28	28	28	30	30	30	30	30
Front Plank (s)	104	50	60	65	68	69	70	72	73.6	75.2	76.8	78.4	80	81.6	83.2	84.8	86.4	88	89.6	91.2	92.8	94.4	96	97.6	99.2	100.8	102.4	104
Side Plank Left (s)	72	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66	68	70	72
Side Plank Right (s)	72	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66	68	70	72

ATHLETE NOTES																											

**192.0**

Current Athlete Height (cm)

**Athlete Name**

Athlete Name

**192.0**

Predicted Adult Height (cm)

**95**

Current Athlete weight (kg)

**100**

Percentage of Peak Adult Height

**POST-PHV**

Current Growth & Maturation Status

**PHASE 3**

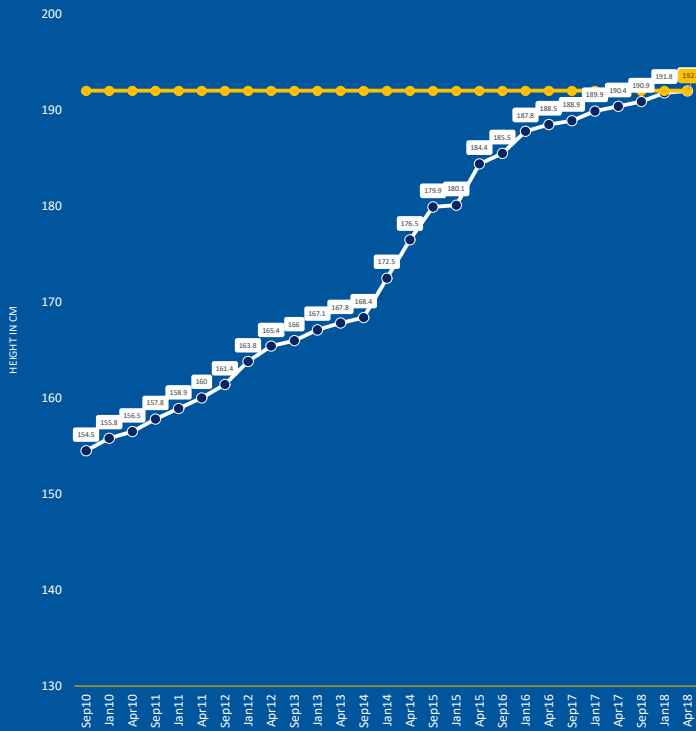
Training Phase

You have gone through your main growth spurt

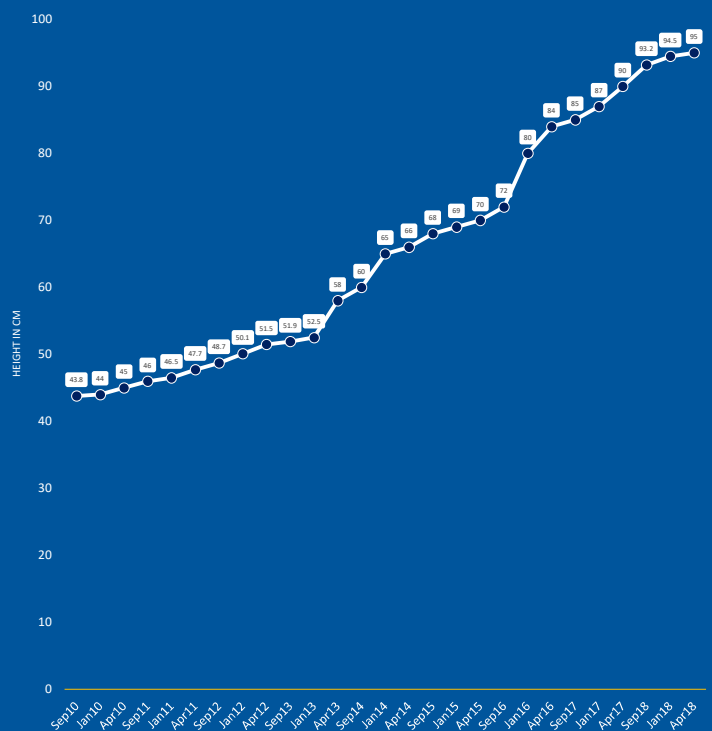


**Growth & Maturation Data**

Phase 3 of training. You have gone through the major growth spurt. This is a chance to relearn techniques with new limb lengths and progress onto more complex training methods.



**Height Tracker**



**Weight Tracker**

**Athlete Notes**