

## Girls Physical Testing Results

| POWER: Standing Long Jump: (CM) |      |      |      |      |      |      |      |      | GIRLS       |
|---------------------------------|------|------|------|------|------|------|------|------|-------------|
| Playing Age Group               |      |      |      |      |      |      |      |      |             |
| 10                              | 11   | 12   | 13   | 14   | 15   | 16   | 17   | 18   |             |
| ≥177                            | ≥182 | ≥187 | ≥195 | ≥198 | ≥200 | ≥202 | ≥205 | ≥205 | Optimal     |
| ≥157                            | ≥162 | ≥167 | ≥175 | ≥180 | ≥180 | ≥181 | ≥182 | ≥183 | Excellent   |
| ≥142                            | ≥149 | ≥152 | ≥160 | ≥162 | ≥165 | ≥167 | ≥169 | ≥170 | On Par      |
| ≥124                            | ≥132 | ≥137 | ≥144 | ≥147 | ≥150 | ≥151 | ≥153 | ≥153 | In Progress |
| <124                            | <132 | <137 | <144 | <147 | <150 | <151 | <153 | <153 | Baseline    |

| SPEED: 0m-30M (Seconds) |       |       |       |       |       |       |       |       | GIRLS       |
|-------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------------|
| Playing Age Group       |       |       |       |       |       |       |       |       |             |
| 10                      | 11    | 12    | 13    | 14    | 15    | 16    | 17    | 18    |             |
| ≤5.40                   | ≤5.15 | ≤4.90 | ≤4.81 | ≤4.72 | ≤4.60 | ≤4.45 | ≤4.35 | ≤4.50 | Optimal     |
| ≤5.55                   | ≤5.35 | ≤5.24 | ≤5.16 | ≤5.02 | ≤4.80 | ≤4.60 | ≤4.55 | ≤4.60 | Excellent   |
| ≤5.80                   | ≤5.75 | ≤5.61 | ≤5.55 | ≤5.44 | ≤5.30 | ≤4.98 | ≤4.73 | ≤4.80 | On Par      |
| ≤6.20                   | ≤6.00 | ≤5.90 | ≤5.80 | ≤5.70 | ≤5.50 | ≤5.20 | ≤5.10 | ≤5.00 | In Progress |
| >6.20                   | >6.00 | >5.90 | >5.80 | >5.70 | >5.50 | >5.20 | >5.10 | >5.00 | Baseline    |

| SPEED: 0m-5m (Seconds) |       |       |       |       |       |       |       |       | GIRLS       |
|------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------------|
| Playing Age Group      |       |       |       |       |       |       |       |       |             |
| 10                     | 11    | 12    | 13    | 14    | 15    | 16    | 17    | 18    |             |
| ≤1.50                  | ≤1.43 | ≤1.38 | ≤1.40 | ≤1.10 | ≤1.06 | ≤1.04 | ≤0.98 | ≤0.95 | Optimal     |
| ≤1.58                  | ≤1.48 | ≤1.42 | ≤1.55 | ≤1.20 | ≤1.13 | ≤1.10 | ≤1.05 | ≤1.03 | Excellent   |
| ≤1.65                  | ≤1.55 | ≤1.48 | ≤1.70 | ≤1.32 | ≤1.20 | ≤1.15 | ≤1.11 | ≤1.10 | On Par      |
| ≤1.70                  | ≤1.61 | ≤1.55 | ≤1.47 | ≤1.40 | ≤1.25 | ≤1.20 | ≤1.19 | ≤1.20 | In Progress |
| >1.70                  | >1.61 | >1.55 | >1.47 | >1.40 | >1.25 | >1.20 | >1.19 | >1.20 | Baseline    |

| AGILITY: Arrowhead Right or Left (Seconds) |        |        |        |        |        |        |        |        | GIRLS       |
|--------------------------------------------|--------|--------|--------|--------|--------|--------|--------|--------|-------------|
| Playing Age Group                          |        |        |        |        |        |        |        |        |             |
| 10                                         | 11     | 12     | 13     | 14     | 15     | 16     | 17     | 18     |             |
| ≤11.48                                     | ≤11.15 | ≤10.90 | ≤10.65 | ≤10.30 | ≤9.95  | ≤9.75  | ≤9.60  | ≤9.40  | Optimal     |
| ≤11.85                                     | ≤11.53 | ≤11.20 | ≤10.90 | ≤10.55 | ≤10.20 | ≤9.98  | ≤9.95  | ≤9.65  | Excellent   |
| ≤12.25                                     | ≤11.88 | ≤11.52 | ≤11.25 | ≤10.92 | ≤10.58 | ≤10.35 | ≤10.20 | ≤9.87  | On Par      |
| ≤12.50                                     | ≤12.15 | ≤11.86 | ≤11.58 | ≤11.24 | ≤10.95 | ≤10.72 | ≤10.57 | ≤10.31 | In Progress |
| >12.50                                     | >12.15 | >11.86 | >11.58 | >11.24 | >10.95 | >10.72 | >10.57 | >10.31 | Baseline    |

## Girls Physical Testing Results

| CARDIOVASCULAR: Yoyo Intermittent Recovery (Level) |       |       |       |       |       |       |       |       | GIRLS       |
|----------------------------------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------------|
| Playing Age Group                                  |       |       |       |       |       |       |       |       |             |
| 10                                                 | 11    | 12    | 13    | 14    | 15    | 16    | 17    | 18    |             |
| ≥12.0                                              | ≥12.7 | ≥13.4 | ≥14.0 | ≥14.6 | ≥15.7 | ≥16.2 | ≥16.7 | ≥17.5 | Optimal     |
| ≥11.4                                              | ≥12.0 | ≥12.7 | ≥13.3 | ≥13.9 | ≥15.0 | ≥15.5 | ≥16.0 | ≥16.8 | Excellent   |
| ≥10.7                                              | ≥11.2 | ≥11.9 | ≥12.5 | ≥13.1 | ≥14.2 | ≥14.9 | ≥15.4 | ≥16.1 | On Par      |
| ≥10.1                                              | ≥10.5 | ≥11.2 | ≥11.8 | ≥12.4 | ≥13.5 | ≥14.3 | ≥14.7 | ≥15.4 | In Progress |
| <10.1                                              | <10.5 | <11.2 | <11.8 | <12.4 | <13.5 | <14.3 | <14.7 | <15.4 | Baseline    |

| BALANCE: Standing Stork (Seconds) |     |     |     |     |     |     |     |     | GIRLS       |
|-----------------------------------|-----|-----|-----|-----|-----|-----|-----|-----|-------------|
| Playing Age Group                 |     |     |     |     |     |     |     |     |             |
| 10                                | 11  | 12  | 13  | 14  | 15  | 16  | 17  | 18  |             |
| ≥17                               | ≥19 | ≥21 | ≥23 | ≥24 | ≥26 | ≥28 | ≥30 | ≥30 | Optimal     |
| ≥13                               | ≥14 | ≥17 | ≥18 | ≥18 | ≥20 | ≥22 | ≥23 | ≥23 | Excellent   |
| ≥9                                | ≥11 | ≥13 | ≥14 | ≥12 | ≥14 | ≥15 | ≥15 | ≥16 | On Par      |
| ≥3                                | ≥3  | ≥4  | ≥5  | ≥6  | ≥7  | ≥8  | ≥9  | ≥10 | In Progress |
| <3                                | <3  | <4  | <5  | <6  | <7  | <8  | <9  | <10 | Baseline    |

| STRENGTH: 60s Press Up Test (Number) |     |     |     |     |     |     |     |     | GIRLS       |
|--------------------------------------|-----|-----|-----|-----|-----|-----|-----|-----|-------------|
| Playing Age Group                    |     |     |     |     |     |     |     |     |             |
| 10                                   | 11  | 12  | 13  | 14  | 15  | 16  | 17  | 18  |             |
| ≥20                                  | ≥20 | ≥21 | ≥22 | ≥22 | ≥23 | ≥26 | ≥28 | ≥30 | Optimal     |
| ≥17                                  | ≥16 | ≥15 | ≥15 | ≥15 | ≥17 | ≥18 | ≥19 | ≥21 | Excellent   |
| ≥13                                  | ≥12 | ≥11 | ≥11 | ≥11 | ≥15 | ≥15 | ≥16 | ≥17 | On Par      |
| ≥9                                   | ≥8  | ≥7  | ≥6  | ≥6  | ≥9  | ≥10 | ≥12 | ≥13 | In Progress |
| <9                                   | <8  | <7  | <6  | <6  | <9  | <10 | <12 | <13 | Baseline    |