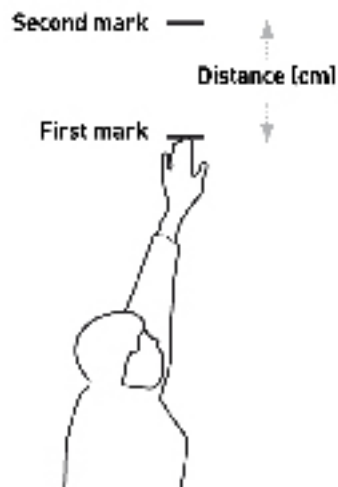


TEST 1 - VERTICAL JUMP



Equipment: Chalk; Tape Measure

Standing against a wall, raise one arm straight above your head. Measure from feet to tip of the longest finger and mark finger with chalk. Raise arm again, jump and leave finger mark on wall. Measure the distance between the first and second mark. Repeat the test and record the best of your two jumps.

Best jump (cm)

TEST 2 - 20M DASH

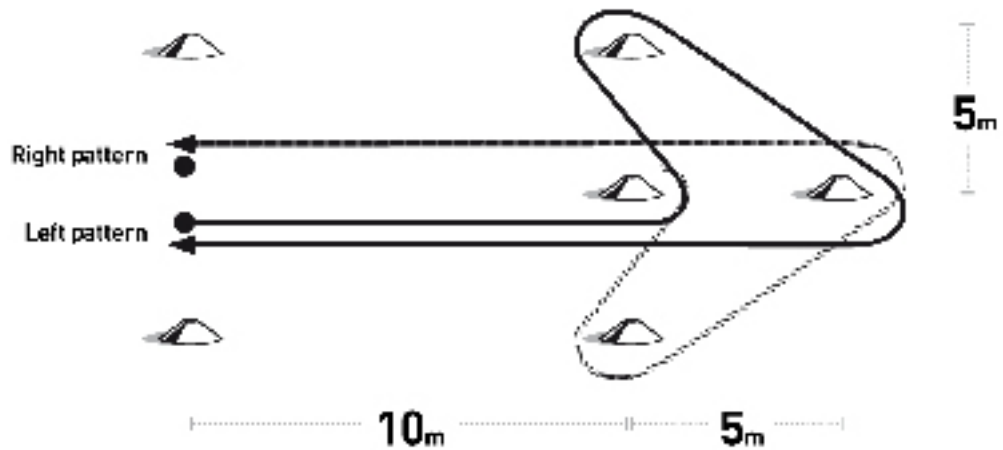


Equipment: Tape Measure; Stopwatch

Measure a 20 metre course. Start in a staggered stance with front foot on the line. Sprint as fast as you can from one end of the course to the other. Stop the watch when your upper body crosses the line.

Fastest time (seconds/tenths)

TEST 3 - ARROWHEAD AGILITY

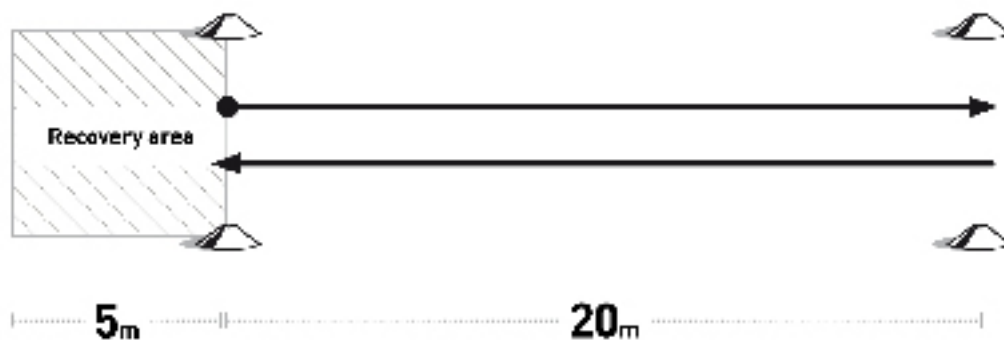


Equipment: 6 Cones; Stopwatch

Get six cones or markers. Lay them out in this formation. Run the right hand pattern as shown and time yourself. Take a breather and run the left pattern. Rest for three minutes between run. Take both tests twice each and record fastest time for each. Add them together to get your score.

Fastest time (seconds/tenths)

TEST 4 - YO-YO TEST



Equipment: 3 to 6 Cones; Stopwatch

Measure a 20m course and designate a start line. Measure 5 metres behind the start line and mark. This 5 metres is your recovery area. Get in your starting position and listen to the instructions. Your aim: to run as many times as you can between the markers. You have to run the distance before the beeps. Take 10secs after each run there and back to jog around the recovery area.

Time (mins/seconds)