# USSA PHYSICAL ASSESSMENT

**Team Duluth** **October 26, 2008**

Indoors (Spirit Mtn)
temp 60F - carpet

| Athlete Information | Age | Gender | Body Size | Flexibility Sit & Reach | Core Function | Strength Power Verticle Jump | Aerobic 20m shuttle run | Anaerobic 60 sec box jump |
|---|---|---|---|---|---|---|---|---|

| # | USSA Mem # | Name | Yrs | M/F | Height | Weight | Sit Ht | Flex | Level | Vert | Level | Shuttle | 20 (1) | 20 (2) | 20 (3) | Total |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 01 | C6225771 | Nick Lane | 14 | M | | | | -3" -7.6 cm | 5 | 16 1/2" 41.9cm | 7 | 9 | 16 | 13 | 12 | 41 |
| 02 | | Max Tusa | 17 | M | | | | 2" 5 cm | 6 | 24 1/2" 62.2cm | 10 | 1 | 24 | 20 | 19 | 63 |
| 03 | | Joe Zbracki | 18 | M | | | | 1" 2.5 cm | 5 | 28" 71.1 | 10 | 0 | 22 | 18 | 16 | 56 |
| 04 | | David Nuestal | 17 | M | | | | -4.5" -11.4cm | 5 | 22" 55.8cm | 9 | 1 | 24 | 19 | 15 | 58 |
| 05 | C6181879 | Sam Seelos | 15 | M | | | | -1.5" -3.8 cm | 5 | 22 1/2" 57.1cm | 10 | 10 | 21 | 18 | 14 | 53 |
| 06 | C6166219 | Alex DeRocher | 13 | M | | | | -.5" -1.2 | 5 | 19 1/2" 49.5cm | 8 | 1 | 19 | 16 | 9 | 44 |
| 07 | | Matt Borash | 12 | M | | | | 1.5" 3.8 cm | 4 | 22 1/2" 57.1cm | 6 | 9 | 19 | 15 | 11 | 45 |
| 08 | | JB Stender | 12 | M | | | | -1.5" -3.8 cm | 4 | 18" 45.7cm | 6 | 5 | 14 | 11 | 9 | 34 |
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