

# HIGH SCHOOL FITNESS TESTING



## TENNIS SPECIFIC

<b>Name</b>	<b>Birthdate</b>	<b>Grade</b>	<b>GPA</b>
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### Anthropometrics

Test	Date:	Date:	Date:
Height			
Weight			
Body Mass Index (BMI)			
Body Fat % - Girth Measures			

### Injury Prevention and Flexibility

Test	Date:	Date:	Date:
Sit & Reach			
Hamstring Flexibility			
Shoulder Flexibility			
Internal Shoulder Flexibility			

### Power

Test	Date:	Date:	Date:
Vertical Jump			
Medicine Ball Toss, Forehand			
Medicine Ball Toss Backhand			
Medicine Ball Toss, Overhead			
Medicine Ball Toss Reverse			

### Agility & Speed

Test	Date:	Date:	Date:
Hexagon Test			
20-yard Dash			
Spider Run			
Sideways Shuffle			

### Repeated Sprint Tests

Test	Date:	Date:	Date:
30-second First Step			
MK Drill Test			

### Strength and Muscular Endurance

Test	Date:	Date:	Date:
1-minute sit-up			
Prone Plank			
Side Plank			
1-minute Push-Up			
Grip Strength			

### Aerobic Endurance

Test	Date:	Date:	Date:
1.5 Mile Run			

### Reaction Time

Test	Date:	Date:	Date:
Ruler Drop Test			

### Coordination

Test	Date:	Date:	Date:
Hand-Eye Coordination			

### Balance

Test	Date:	Date:	Date:
Standing Stork			

