

PRO FITNESS TESTING PROGRAM

Experience the professional side of sport!

Our PRO Fitness Testing Program uses state of the art equipment used by elite level sporting clubs worldwide to test the major components of athletic performance, including speed, acceleration, agility and power. It is an exciting and fun way for kids to experience what takes place in elite level sporting environments while they find out how they perform. Each individual will be provided with a full, easy to understand, report of their results, including averages and percentile ranks for their age, gender and sport. Your coach/teacher will also receive a report containing all results of their team/class. You also have the option for their trainer to return for a fun and educational interactive session, to teach kids how to read their report, what these tests mean practically and how to improve.

This one of a kind program is a fantastic way for coaches to determine where their players rank compared to their competition, and booking a second session in the future will determine if players are making progress in training!

Our very affordable PRO Fitness Testing Program may be booked for one team/class, or take advantage of bulk pricing by booking for multiple teams/classes within your club or school.

Option 1 - Report + Discussion	Option 2 - Report Only
<div><div>▶ All fitness tests - speed, acceleration, agility, power</div><div>▶ Full individual reports (printed/emailed) -<div><div>▶ 5 different results</div><div>▶ Comparative analysis between players in your team and their age/gender demographic</div><div>▶ Averages and percentile ranks for player’s age and gender, both general and for their sport</div><div>▶ Easy to read and understand</div></div></div><div>▶ Full team/class report (printed/emailed) - entire team/class results in one report for easy comparison between players/students</div><div>▶ Discussion - ~1hr interactive session<div><div>▶ Learn how to interpret results</div><div>▶ What each test means practically for their performance</div><div>▶ How to improve each component</div></div></div></div>	<div><div>▶ All fitness tests - speed, acceleration, agility, power</div><div>▶ Full individual reports (emailed) -<div><div>▶ 5 different results</div><div>▶ Comparative analysis between players in your team and their age/gender demographic</div><div>▶ Averages and percentile ranks for player’s age and gender, both general and for their sport</div><div>▶ Easy to read and understand</div></div></div><div>▶ Full team/class report (emailed) - entire team/class results in one report for easy comparison between players/students</div></div>