

Athlete Name:		Alfie Dunk	
Coaches Name:		Sam Hewick	
Date:		19/03/2015	
Student Name		Alfie Dunk	
[INSERT SPORT & LEVEL]	API	ASA	Discrepancy
Aerobic Fitness	9	7	27
Flexibility	7	8	14
Muscular Endurance	10	8	20
Strength	9	8	18
Speed	8	6	32
Body Composition	10	5	50
Balance	7	7	21
Co-ordination	8	8	16
Reaction Time	7	7	21
Power	8	6	32
Agility	7	5	35
Concentration	10	8	20
Use of Skills	9	8	18
Tactics	6	6	24
Agression	8	7	24
Evasive footwork before contact	8	8	16
Defence at scrums	8	5	40
Lineout calls	8	5	40
s Are Shown Below - These Are Based On The Six Largest	10	7	30
Discrepancy 1	0	0	0
Discrepancy 2			
Discrepancy 3			
Discrepancy 4			
Discrepancy 5			
Discrepancy 6			