

Athlete Name:	Alfie Dunk	
Coaches Name:	Sam Hewick	
Date:	3.3.15	
Student Name	Alfie Dunk	
Rugby Performance level	Enter Your Score:	Coaches Score:
Aerobic Fitness	6	6
Flexibility	8	7
Muscular Endurance	6	6
Strength	6	7
Speed	3	6
Body Composition	4	5
Balance	8	8
Co-ordination	6	6
Reaction Time	6	6
Power	7	8
Agility	2	5
Concentration	5	7
Use of Skills	7	8
Control of Anxiety	7	7
Tactics	5	5
Defence at scrums	6	7
Lineout calls	7	8
Agression	7	8
Evasive footwork before contact	4	5
Total out of 200:	110	125

A score of 10 is: National Level
 A score of 8 is: Divisional Player
 A score of 6 is: County Player
 A score of 4 is: First Team college player
 A score of 2 is: Development team player
 A score of 0 is: Development team bench

