

# NIKE SPARQ FOOTBALL

## GAP U12 - JAY CATTON

RALPH NEWBROOK • TEST DATE: 11.10.2013

THE NUMBERS DON'T LIE.

### AVERAGE SPARQ RATING

**10.47**

Each SPARQ Rating is derived from ranking, scoring and summing the results from tests of Football athletic performance. Each test is ranked against a reference sample of hundreds of SPARQ-Rated Football players. Use the rating to track your improvement and to compare yourself to your teammates or other Football players of your age or position.

### TEAM AVERAGES

VERTICAL JUMP [cm]	PEAK POWER [wts]	20-METRE SPRINT [sec]	ARROWHEAD AGILITY [sec]	YIRT LEVEL 2 [stg]
<b>37.4</b>	<b>1898</b>	<b>3.83</b>	<b>18.66</b>	<b>5</b>
vertical jump height reveals your ability to express lower-body power.	vertical jump height is factored together with body weight to calculate peak power, an indicator of explosiveness in key match situations like evading a tackle, overpowering your opponent and launching a shot on goal.	sprint time reflects your ability to accelerate from a standing start, which is critical for managing space on the pitch and reacting to changes in possession.	measures your ability to maintain body control at pace through multiple changes in direction.	measures your ability to execute and recover from repeated bouts of high-intensity running.

### POSITIONAL AVERAGES

	GK	D	M	F
<b>SPARQ RATING</b>	<b>10.63</b>	<b>12.44</b>	<b>8.44</b>	<b>10.42</b>
VERTICAL JUMP	38.0	39.0	37.7	35.0
PEAK POWER	2020	2050	1833	1730
20-METRE SPRINT	3.93	3.71	3.89	3.84
ARROWHEAD AGILITY	18.19	18.21	19.44	18.64
YIRT LEVEL 2	5	5	5	5



# NIKE SPARQ FOOTBALL

## GAP U12 - JAY CATTON

RALPH NEWBROOK ● TEST DATE: 11.10.2013

ID	ATHLETE NAME	COUNTRY	POS.	VERTICAL JUMP	PEAK POWER	20-METRE SPRINT	ARROWHEAD AGILITY	YIRT LEVEL 2	SPARQ RATING
1	EVANS, MORGAN	UK	GK	38.0	1930	4.06	18.21	4	8.93
2	WORTHINGTON, JIMMY	UK	D	40.0	1780	3.60	18.10	5	12.38
3	WILSON, COLE	UK	D	37.0	2090	3.85	18.08	5	12.40
4	EVANS, ELLIOT	UK	M	39.0	2030	3.91	19.80	4	6.83
5	EDWARDS, JOSH	UK	D	40.0	2280	3.67	18.44	5	12.55
6	THOMPSON, JO	UK	F	34.0	1910	3.94	18.37	5	10.95
7	KING, JAMIE	UK	GK	38.0	2110	3.80	18.16	5	12.33
8	SUMNER, LEON	UK	F	33.0	1530	3.77	18.28	5	11.30
9	SUMNER, LEON	UK	F	38.0	1750	3.81	19.26	5	9.00
10	HARRISON, ALEX	UK	M	36.0	1810	3.81	19.80	5	9.00
11	PARSONAGE, JORDAN	UK	M	38.0	1660	3.94	18.73	5	9.48

# NIKE SPARQ FOOTBALL

## MORGAN EVANS

### GAP U12 - GK

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#### COLOR KEY

- ★ You
- ▲ Position Average
- Team Average
- Team Best

#### YOUR SPARQ FOOTBALL RATING:

**8.93**



**38.0**

CM

### VERTICAL JUMP

VERTICAL JUMP HEIGHT REVEALS YOUR ABILITY TO EXPRESS LOWER-BODY POWER.

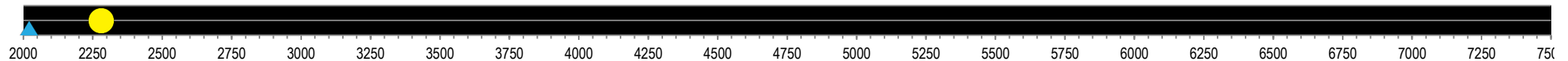


**1930**

WTS

### PEAK POWER

VERTICAL JUMP HEIGHT IS FACTORED TOGETHER WITH BODY WEIGHT TO CALCULATE PEAK POWER, AN INDICATOR OF EXPLOSIVENESS IN KEY MATCH SITUATIONS LIKE EVADING A TACKLE, OVERPOWERING YOUR OPPONENT AND LAUNCHING A SHOT ON GOAL.



**4.06**

SEC

### 20-METRE SPRINT

SPRINT TIME REFLECTS YOUR ABILITY TO ACCELERATE FROM A STANDING START, WHICH IS CRITICAL FOR MANAGING SPACE ON THE PITCH AND REACTING TO CHANGES IN POSSESSION.

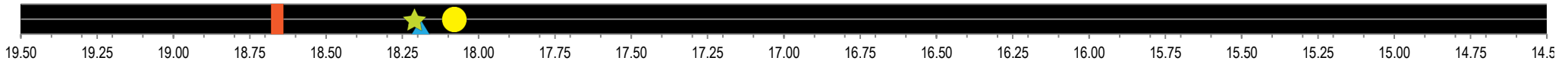


**18.21**

SEC

### ARROWHEAD AGILITY

MEASURES YOUR ABILITY TO MAINTAIN BODY CONTROL AT PACE THROUGH MULTIPLE CHANGES IN DIRECTION.

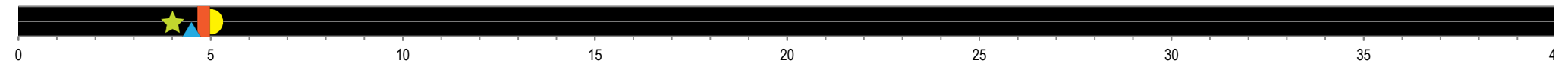


**4**

STG

### YIRT LEVEL 2

MEASURES YOUR ABILITY TO EXECUTE AND RECOVER FROM REPEATED BOUTS OF HIGH-INTENSITY RUNNING.



# NIKE SPARQ FOOTBALL

## JIMMY WORTHINGTON

### GAP U12 - D

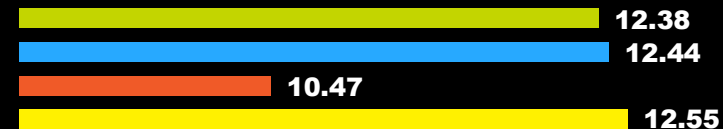
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#### COLOR KEY

- ★ You
- ▲ Position Average
- Team Average
- Team Best

#### YOUR SPARQ FOOTBALL RATING:

**12.38**



**40.0**

CM

### VERTICAL JUMP

VERTICAL JUMP HEIGHT REVEALS YOUR ABILITY TO EXPRESS LOWER-BODY POWER.

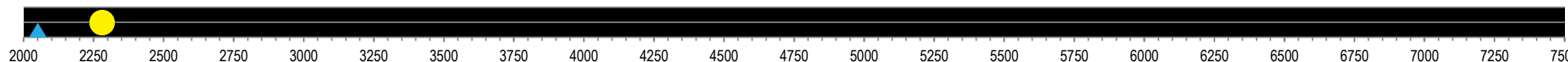


**1780**

WTS

### PEAK POWER

VERTICAL JUMP HEIGHT IS FACTORED TOGETHER WITH BODY WEIGHT TO CALCULATE PEAK POWER, AN INDICATOR OF EXPLOSIVENESS IN KEY MATCH SITUATIONS LIKE EVADING A TACKLE, OVERPOWERING YOUR OPPONENT AND LAUNCHING A SHOT ON GOAL.



**3.60**

SEC

### 20-METRE SPRINT

SPRINT TIME REFLECTS YOUR ABILITY TO ACCELERATE FROM A STANDING START, WHICH IS CRITICAL FOR MANAGING SPACE ON THE PITCH AND REACTING TO CHANGES IN POSSESSION.

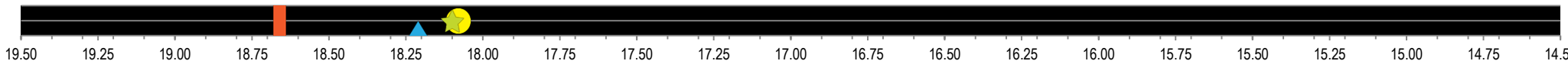


**18.10**

SEC

### ARROWHEAD AGILITY

MEASURES YOUR ABILITY TO MAINTAIN BODY CONTROL AT PACE THROUGH MULTIPLE CHANGES IN DIRECTION.

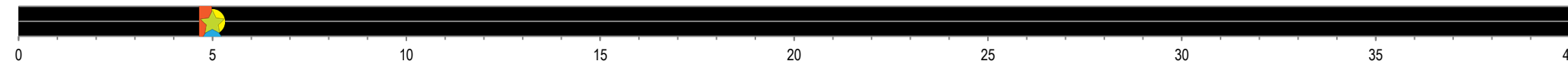


**5**

STG

### YIRT LEVEL 2

MEASURES YOUR ABILITY TO EXECUTE AND RECOVER FROM REPEATED BOUTS OF HIGH-INTENSITY RUNNING.



# NIKE SPARQ FOOTBALL

## COLE WILSON

### GAP U12 - D

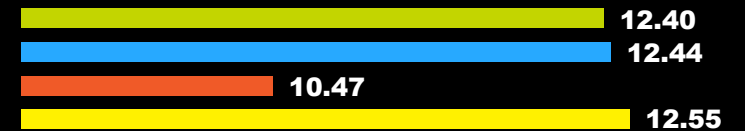
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#### COLOR KEY

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#### YOUR SPARQ FOOTBALL RATING:

**12.40**



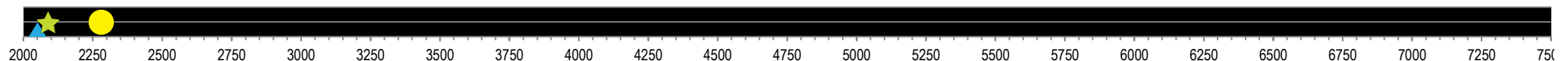
### 37.0 CM VERTICAL JUMP

VERTICAL JUMP HEIGHT REVEALS YOUR ABILITY TO EXPRESS LOWER-BODY POWER.



### 2090 WTS PEAK POWER

VERTICAL JUMP HEIGHT IS FACTORED TOGETHER WITH BODY WEIGHT TO CALCULATE PEAK POWER, AN INDICATOR OF EXPLOSIVENESS IN KEY MATCH SITUATIONS LIKE EVADING A TACKLE, OVERPOWERING YOUR OPPONENT AND LAUNCHING A SHOT ON GOAL.



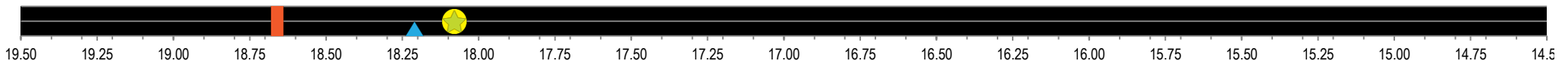
### 3.85 SEC 20-METRE SPRINT

SPRINT TIME REFLECTS YOUR ABILITY TO ACCELERATE FROM A STANDING START, WHICH IS CRITICAL FOR MANAGING SPACE ON THE PITCH AND REACTING TO CHANGES IN POSSESSION.



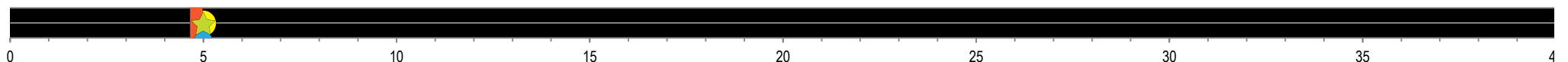
### 18.08 SEC ARROWHEAD AGILITY

MEASURES YOUR ABILITY TO MAINTAIN BODY CONTROL AT PACE THROUGH MULTIPLE CHANGES IN DIRECTION.



### 5 STG YIRT LEVEL 2

MEASURES YOUR ABILITY TO EXECUTE AND RECOVER FROM REPEATED BOUTS OF HIGH-INTENSITY RUNNING.



# NIKE SPARQ FOOTBALL

## ELLIOT EVANS

### GAP U12 - M

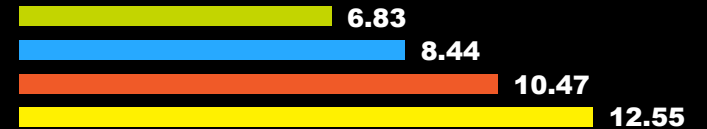
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#### COLOR KEY

- ★ You
- ▲ Position Average
- Team Average
- Team Best

#### YOUR SPARQ FOOTBALL RATING:

**6.83**



4

**39.0**

CM

### VERTICAL JUMP

VERTICAL JUMP HEIGHT REVEALS YOUR ABILITY TO EXPRESS LOWER-BODY POWER.

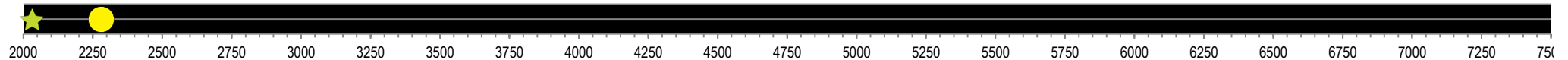


**2030**

WTS

### PEAK POWER

VERTICAL JUMP HEIGHT IS FACTORED TOGETHER WITH BODY WEIGHT TO CALCULATE PEAK POWER, AN INDICATOR OF EXPLOSIVENESS IN KEY MATCH SITUATIONS LIKE EVADING A TACKLE, OVERPOWERING YOUR OPPONENT AND LAUNCHING A SHOT ON GOAL.



**3.91**

SEC

### 20-METRE SPRINT

SPRINT TIME REFLECTS YOUR ABILITY TO ACCELERATE FROM A STANDING START, WHICH IS CRITICAL FOR MANAGING SPACE ON THE PITCH AND REACTING TO CHANGES IN POSSESSION.

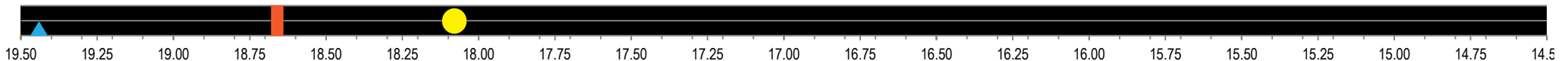


**19.80**

SEC

### ARROWHEAD AGILITY

MEASURES YOUR ABILITY TO MAINTAIN BODY CONTROL AT PACE THROUGH MULTIPLE CHANGES IN DIRECTION.

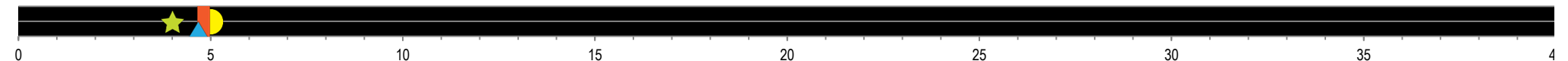


**4**

STG

### YIRT LEVEL 2

MEASURES YOUR ABILITY TO EXECUTE AND RECOVER FROM REPEATED BOUTS OF HIGH-INTENSITY RUNNING.



# NIKE SPARQ FOOTBALL

## JOSH EDWARDS

### GAP U12 - D

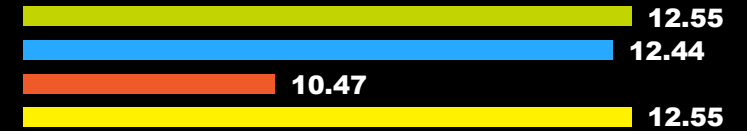
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#### COLOR KEY

- ★ You
- ▲ Position Average
- Team Average
- Team Best

#### YOUR SPARQ FOOTBALL RATING:

**12.55**



**40.0**

CM

### VERTICAL JUMP

VERTICAL JUMP HEIGHT REVEALS YOUR ABILITY TO EXPRESS LOWER-BODY POWER.

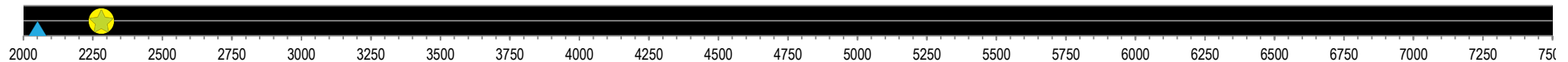


**2280**

WTS

### PEAK POWER

VERTICAL JUMP HEIGHT IS FACTORED TOGETHER WITH BODY WEIGHT TO CALCULATE PEAK POWER, AN INDICATOR OF EXPLOSIVENESS IN KEY MATCH SITUATIONS LIKE EVADING A TACKLE, OVERPOWERING YOUR OPPONENT AND LAUNCHING A SHOT ON GOAL.



**3.67**

SEC

### 20-METRE SPRINT

SPRINT TIME REFLECTS YOUR ABILITY TO ACCELERATE FROM A STANDING START, WHICH IS CRITICAL FOR MANAGING SPACE ON THE PITCH AND REACTING TO CHANGES IN POSSESSION.



**18.44**

SEC

### ARROWHEAD AGILITY

MEASURES YOUR ABILITY TO MAINTAIN BODY CONTROL AT PACE THROUGH MULTIPLE CHANGES IN DIRECTION.

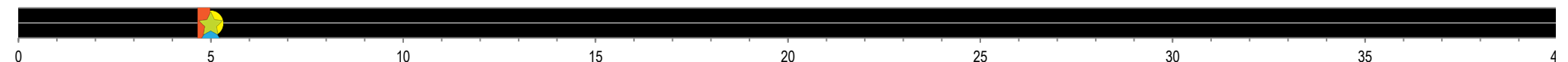


**5**

STG

### YIRT LEVEL 2

MEASURES YOUR ABILITY TO EXECUTE AND RECOVER FROM REPEATED BOUTS OF HIGH-INTENSITY RUNNING.



# NIKE SPARQ FOOTBALL

## JO THOMPSON

### GAP U12 - F

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#### COLOR KEY

- ★ You
- ▲ Position Average
- Team Average
- Team Best

#### YOUR SPARQ FOOTBALL RATING:

**10.95**



6

**34.0**

CM

### VERTICAL JUMP

VERTICAL JUMP HEIGHT REVEALS YOUR ABILITY TO EXPRESS LOWER-BODY POWER.

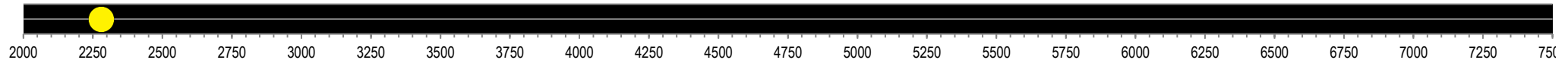


**1910**

WTS

### PEAK POWER

VERTICAL JUMP HEIGHT IS FACTORED TOGETHER WITH BODY WEIGHT TO CALCULATE PEAK POWER, AN INDICATOR OF EXPLOSIVENESS IN KEY MATCH SITUATIONS LIKE EVADING A TACKLE, OVERPOWERING YOUR OPPONENT AND LAUNCHING A SHOT ON GOAL.



**3.94**

SEC

### 20-METRE SPRINT

SPRINT TIME REFLECTS YOUR ABILITY TO ACCELERATE FROM A STANDING START, WHICH IS CRITICAL FOR MANAGING SPACE ON THE PITCH AND REACTING TO CHANGES IN POSSESSION.

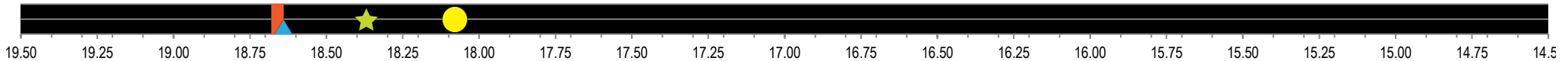


**18.37**

SEC

### ARROWHEAD AGILITY

MEASURES YOUR ABILITY TO MAINTAIN BODY CONTROL AT PACE THROUGH MULTIPLE CHANGES IN DIRECTION.

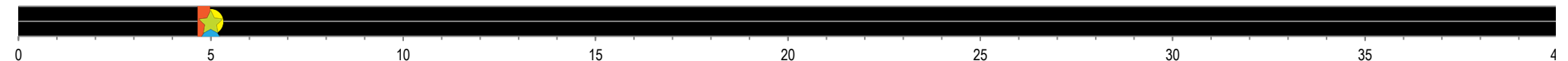


**5**

STG

### YIRT LEVEL 2

MEASURES YOUR ABILITY TO EXECUTE AND RECOVER FROM REPEATED BOUTS OF HIGH-INTENSITY RUNNING.



# NIKE SPARQ FOOTBALL

## JAMIE KING

### GAP U12 - GK

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#### COLOR KEY

- ★ You
- ▲ Position Average
- Team Average
- Team Best

#### YOUR SPARQ FOOTBALL RATING:

**12.33**



**38.0**

CM

### VERTICAL JUMP

VERTICAL JUMP HEIGHT REVEALS YOUR ABILITY TO EXPRESS LOWER-BODY POWER.

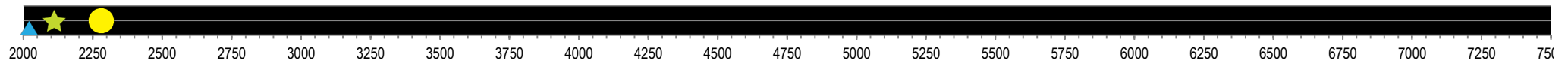


**2110**

WTS

### PEAK POWER

VERTICAL JUMP HEIGHT IS FACTORED TOGETHER WITH BODY WEIGHT TO CALCULATE PEAK POWER, AN INDICATOR OF EXPLOSIVENESS IN KEY MATCH SITUATIONS LIKE EVADING A TACKLE, OVERPOWERING YOUR OPPONENT AND LAUNCHING A SHOT ON GOAL.



**3.80**

SEC

### 20-METRE SPRINT

SPRINT TIME REFLECTS YOUR ABILITY TO ACCELERATE FROM A STANDING START, WHICH IS CRITICAL FOR MANAGING SPACE ON THE PITCH AND REACTING TO CHANGES IN POSSESSION.

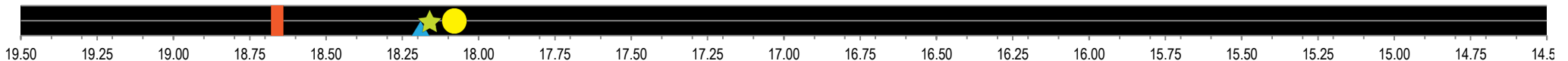


**18.16**

SEC

### ARROWHEAD AGILITY

MEASURES YOUR ABILITY TO MAINTAIN BODY CONTROL AT PACE THROUGH MULTIPLE CHANGES IN DIRECTION.

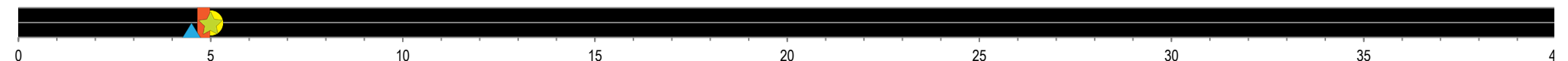


**5**

STG

### YIRT LEVEL 2

MEASURES YOUR ABILITY TO EXECUTE AND RECOVER FROM REPEATED BOUTS OF HIGH-INTENSITY RUNNING.



# NIKE SPARQ FOOTBALL

## LEON SUMNER

### GAP U12 - F

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#### COLOR KEY

- ★ You
- ▲ Position Average
- Team Average
- Team Best

#### YOUR SPARQ FOOTBALL RATING:

**11.30**



**33.0**

CM

### VERTICAL JUMP

VERTICAL JUMP HEIGHT REVEALS YOUR ABILITY TO EXPRESS LOWER-BODY POWER.

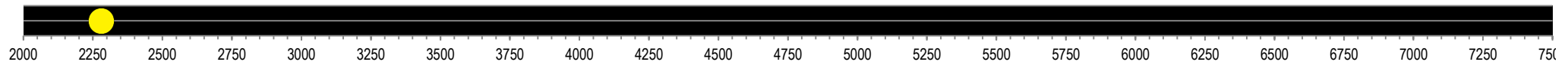


**1530**

WTS

### PEAK POWER

VERTICAL JUMP HEIGHT IS FACTORED TOGETHER WITH BODY WEIGHT TO CALCULATE PEAK POWER, AN INDICATOR OF EXPLOSIVENESS IN KEY MATCH SITUATIONS LIKE EVADING A TACKLE, OVERPOWERING YOUR OPPONENT AND LAUNCHING A SHOT ON GOAL.



**3.77**

SEC

### 20-METRE SPRINT

SPRINT TIME REFLECTS YOUR ABILITY TO ACCELERATE FROM A STANDING START, WHICH IS CRITICAL FOR MANAGING SPACE ON THE PITCH AND REACTING TO CHANGES IN POSSESSION.



**18.28**

SEC

### ARROWHEAD AGILITY

MEASURES YOUR ABILITY TO MAINTAIN BODY CONTROL AT PACE THROUGH MULTIPLE CHANGES IN DIRECTION.

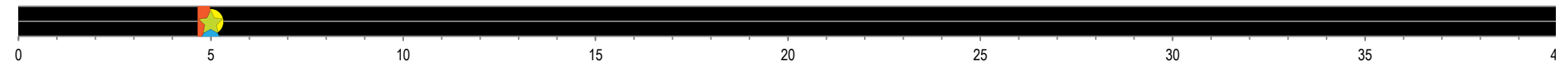


**5**

STG

### YIRT LEVEL 2

MEASURES YOUR ABILITY TO EXECUTE AND RECOVER FROM REPEATED BOUTS OF HIGH-INTENSITY RUNNING.



# NIKE SPARQ FOOTBALL

## LEON SUMNER

### GAP U12 - F

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#### COLOR KEY

- ★ You
- ▲ Position Average
- Team Average
- Team Best

#### YOUR SPARQ FOOTBALL RATING:

**9.00**



9

**38.0**

CM

### VERTICAL JUMP

VERTICAL JUMP HEIGHT REVEALS YOUR ABILITY TO EXPRESS LOWER-BODY POWER.

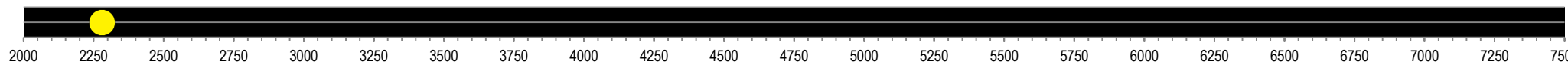


**1750**

WTS

### PEAK POWER

VERTICAL JUMP HEIGHT IS FACTORED TOGETHER WITH BODY WEIGHT TO CALCULATE PEAK POWER, AN INDICATOR OF EXPLOSIVENESS IN KEY MATCH SITUATIONS LIKE EVADING A TACKLE, OVERPOWERING YOUR OPPONENT AND LAUNCHING A SHOT ON GOAL.



**3.81**

SEC

### 20-METRE SPRINT

SPRINT TIME REFLECTS YOUR ABILITY TO ACCELERATE FROM A STANDING START, WHICH IS CRITICAL FOR MANAGING SPACE ON THE PITCH AND REACTING TO CHANGES IN POSSESSION.

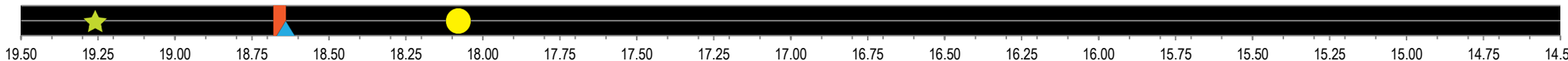


**19.26**

SEC

### ARROWHEAD AGILITY

MEASURES YOUR ABILITY TO MAINTAIN BODY CONTROL AT PACE THROUGH MULTIPLE CHANGES IN DIRECTION.

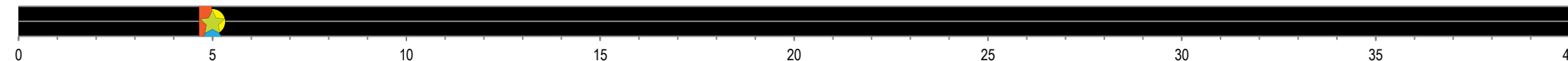


**5**

STG

### YIRT LEVEL 2

MEASURES YOUR ABILITY TO EXECUTE AND RECOVER FROM REPEATED BOUTS OF HIGH-INTENSITY RUNNING.



# NIKE SPARQ FOOTBALL

## ALEX HARRISON

### GAP U12 - M

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#### COLOR KEY

- ★ You
- ▲ Position Average
- Team Average
- Team Best

#### YOUR SPARQ FOOTBALL RATING:

**9.00**



10

**36.0**

CM

### VERTICAL JUMP

VERTICAL JUMP HEIGHT REVEALS YOUR ABILITY TO EXPRESS LOWER-BODY POWER.

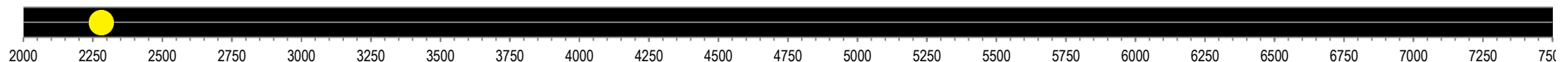


**1810**

WTS

### PEAK POWER

VERTICAL JUMP HEIGHT IS FACTORED TOGETHER WITH BODY WEIGHT TO CALCULATE PEAK POWER, AN INDICATOR OF EXPLOSIVENESS IN KEY MATCH SITUATIONS LIKE EVADING A TACKLE, OVERPOWERING YOUR OPPONENT AND LAUNCHING A SHOT ON GOAL.



**3.81**

SEC

### 20-METRE SPRINT

SPRINT TIME REFLECTS YOUR ABILITY TO ACCELERATE FROM A STANDING START, WHICH IS CRITICAL FOR MANAGING SPACE ON THE PITCH AND REACTING TO CHANGES IN POSSESSION.

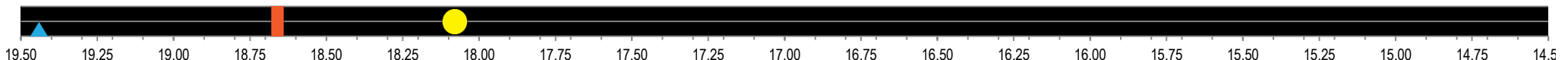


**19.80**

SEC

### ARROWHEAD AGILITY

MEASURES YOUR ABILITY TO MAINTAIN BODY CONTROL AT PACE THROUGH MULTIPLE CHANGES IN DIRECTION.



**5**

STG

### YIRT LEVEL 2

MEASURES YOUR ABILITY TO EXECUTE AND RECOVER FROM REPEATED BOUTS OF HIGH-INTENSITY RUNNING.

