

# NIKE SPARQ FOOTBALL

## GAP U15 - JAY CATTON

RALPH NEWBROOK • TEST DATE: 11.10.2013

THE NUMBERS DON'T LIE.

### AVERAGE SPARQ RATING

**30.68**

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>45.4</b>	<b>2984</b>	<b>3.36</b>	<b>17.09</b>	<b>9</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

	D	M	F
<b>SPARQ RATING</b>	<b>28.23</b>	<b>32.36</b>	<b>30.85</b>
VERTICAL JUMP	44.7	45.5	45.8
PEAK POWER	3163	2983	2850
20-METRE SPRINT	3.42	3.34	3.35
ARROWHEAD AGILITY	17.38	16.91	17.06
YIRT LEVEL 2	9	10	10



# NIKE SPARQ FOOTBALL

## GAP U15 - 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	OLDFIELD, KAI	UK	D	42.0	2850	3.58	17.48	7	20.68
2	JONES, TOM	UK	M	40.0	2910	3.23	16.36	9	36.70
3	GRIFFITHS, JOEL	UK	D	46.0	3180	3.26	16.32	9	37.03
4	AITKIN, JACK	UK	M	42.0	2350	3.47	17.41	9	23.95
5	ROGERS, IWAN	UK	M	52.0	3590	3.26	16.38	11	40.98
6	OWEN, MEICAL	UK	F	46.0	3180	3.20	16.38	10	39.53
7	ELY, ANDREW	UK	M	48.0	3080	3.39	17.48	10	27.80
8	CHAMBERS, DANNY	UK	F	46.0	2780	3.32	17.06	8	27.53
9	MATHIESON, ANDREW	UK	F	52.0	3500	3.35	16.47	11	38.30
10	JONES, WILL	UK	D	46.0	3460	3.41	18.34	11	26.98
11	DUFFY, LUKE	UK	F	39.0	1940	3.53	18.34	9	18.03

# NIKE SPARQ FOOTBALL

## KAI OLDFIELD

### GAP U15 - D

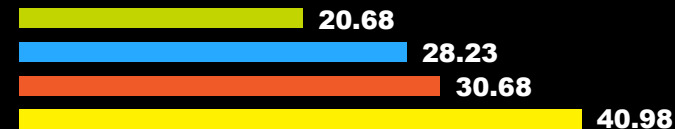
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#### COLOR KEY

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

#### YOUR SPARQ FOOTBALL RATING:

**20.68**



**42.0**

CM

### VERTICAL JUMP

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

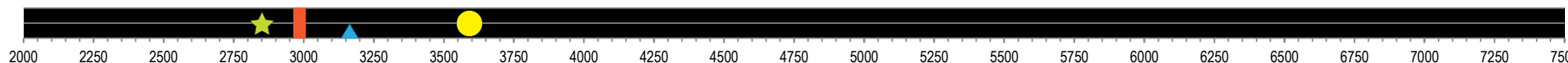


**2850**

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.



**3.58**

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.

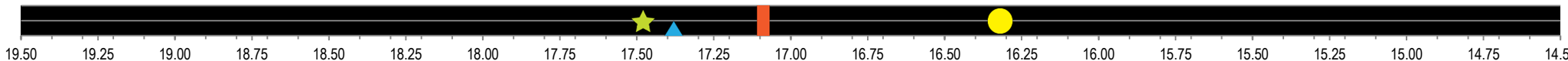


**17.48**

SEC

### ARROWHEAD AGILITY

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

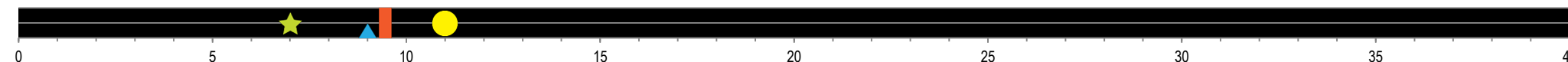


**7**

STG

### YIRT LEVEL 2

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



# NIKE SPARQ FOOTBALL

## TOM JONES

### GAP U15 - M

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#### COLOR KEY

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

#### YOUR SPARQ FOOTBALL RATING:

**36.70**



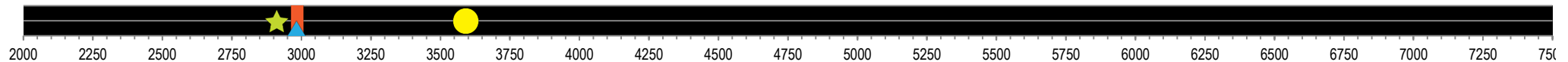
### 40.0 CM VERTICAL JUMP

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



### 2910 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.



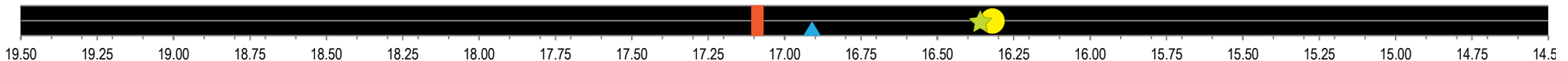
### 3.23 SEC 20-METRE SPRINT

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.



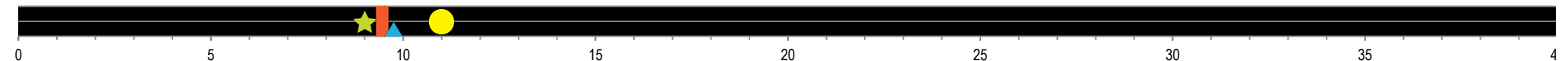
### 16.36 SEC ARROWHEAD AGILITY

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



### 9 STG YIRT LEVEL 2

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



# NIKE SPARQ FOOTBALL

## JOEL GRIFFITHS

### GAP U15 - D

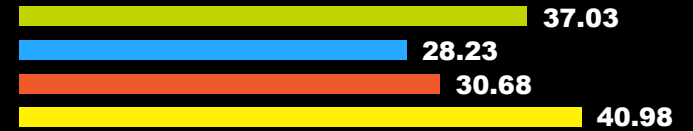
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#### COLOR KEY

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

#### YOUR SPARQ FOOTBALL RATING:

**37.03**



**46.0**

CM

### VERTICAL JUMP

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

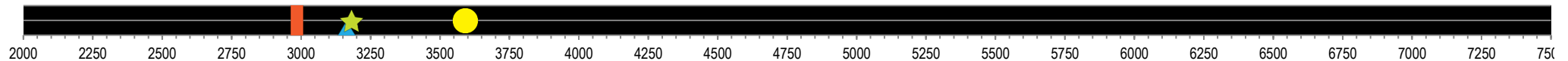


**3180**

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.



**3.26**

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.

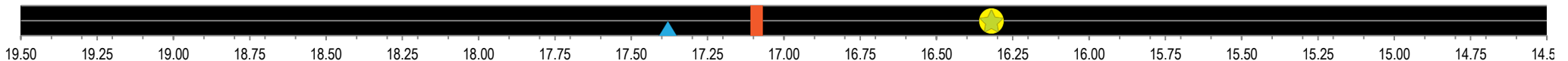


**16.32**

SEC

### ARROWHEAD AGILITY

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

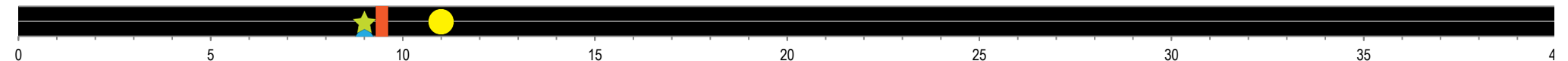


**9**

STG

### YIRT LEVEL 2

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



# NIKE SPARQ FOOTBALL

## JACK AITKIN

### GAP U15 - M

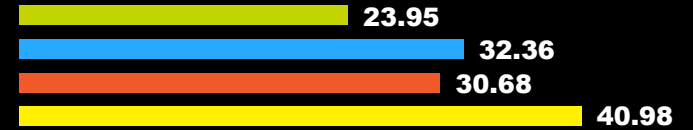
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#### COLOR KEY

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

#### YOUR SPARQ FOOTBALL RATING:

**23.95**



**42.0**

CM

### VERTICAL JUMP

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

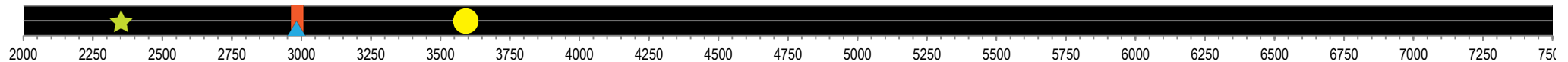


**2350**

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.



**3.47**

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.

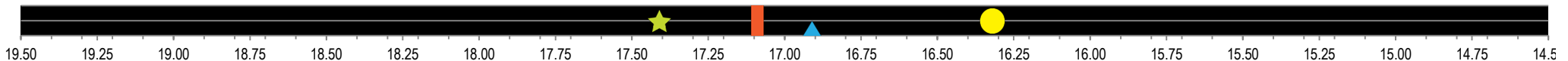


**17.41**

SEC

### ARROWHEAD AGILITY

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

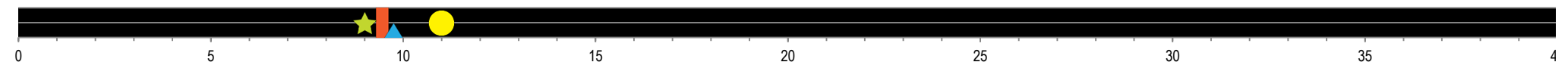


**9**

STG

### YIRT LEVEL 2

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



# NIKE SPARQ FOOTBALL

## IWAN ROGERS

### GAP U15 - M

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#### COLOR KEY

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

#### YOUR SPARQ FOOTBALL RATING:

**40.98**



5

**52.0**

CM

### VERTICAL JUMP

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

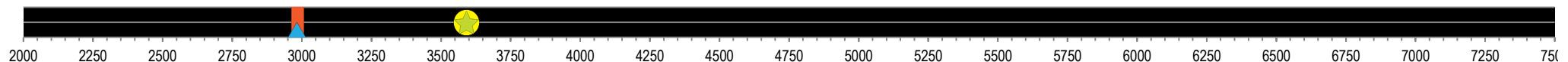


**3590**

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.



**3.26**

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.



**16.38**

SEC

### ARROWHEAD AGILITY

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

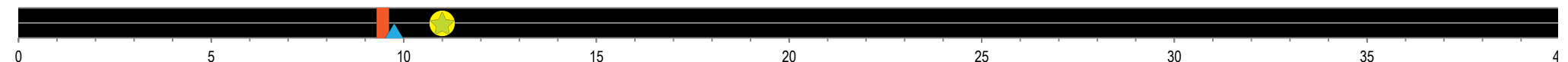


**11**

STG

### YIRT LEVEL 2

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



# NIKE SPARQ FOOTBALL

## MEICAL OWEN

### GAP U15 - F

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#### COLOR KEY

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

#### YOUR SPARQ FOOTBALL RATING:

**39.53**



6

**46.0**

CM

### VERTICAL JUMP

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

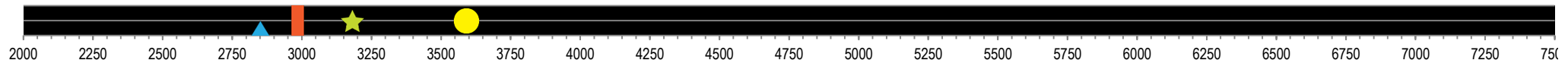


**3180**

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.



**3.20**

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.

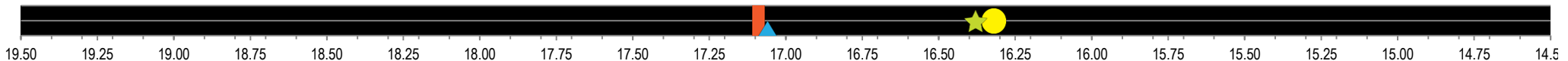


**16.38**

SEC

### ARROWHEAD AGILITY

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

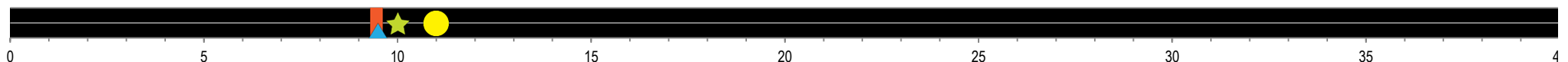


**10**

STG

### YIRT LEVEL 2

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



# NIKE SPARQ FOOTBALL

## ANDREW ELY

### GAP U15 - M

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#### COLOR KEY

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

#### YOUR SPARQ FOOTBALL RATING:

**27.80**



**48.0**

CM

### VERTICAL JUMP

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

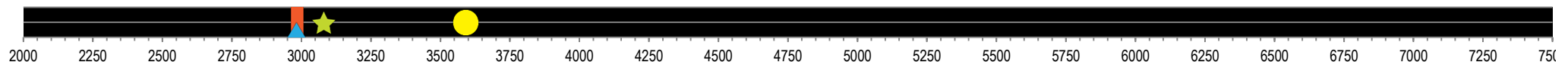


**3080**

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.



**3.39**

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.

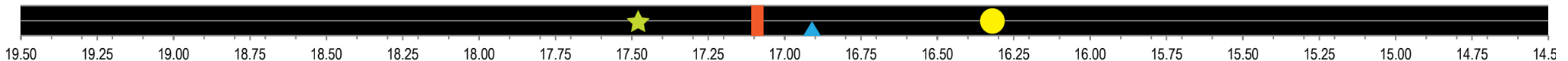


**17.48**

SEC

### ARROWHEAD AGILITY

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

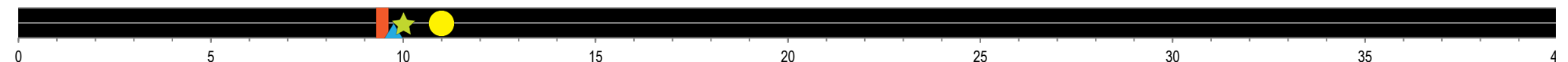


**10**

STG

### YIRT LEVEL 2

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



# NIKE SPARQ FOOTBALL

## DANNY CHAMBERS

### GAP U15 - F

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#### COLOR KEY

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

#### YOUR SPARQ FOOTBALL RATING:

**27.53**



**46.0**

CM

### VERTICAL JUMP

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

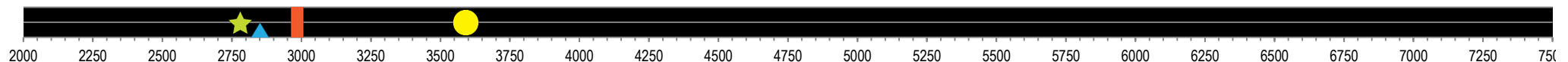


**2780**

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.



**3.32**

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.



**17.06**

SEC

### ARROWHEAD AGILITY

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

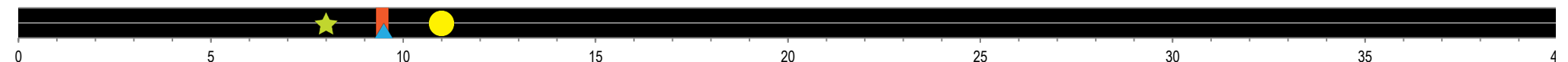


**8**

STG

### YIRT LEVEL 2

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



# NIKE SPARQ FOOTBALL

## ANDREW MATHIESON

### GAP U15 - F

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#### COLOR KEY

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

#### YOUR SPARQ FOOTBALL RATING:

**38.30**



9

**52.0**

CM

### VERTICAL JUMP

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

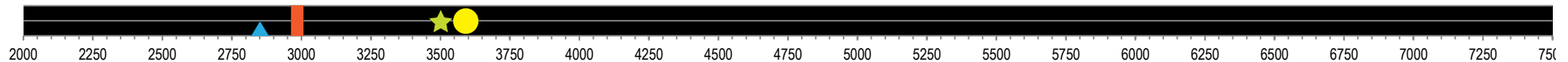


**3500**

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.



**3.35**

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.

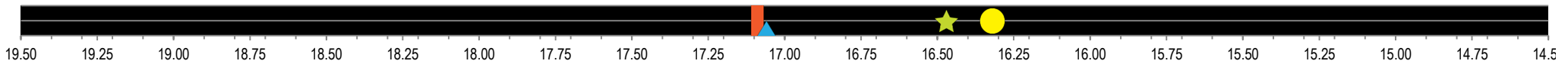


**16.47**

SEC

### ARROWHEAD AGILITY

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

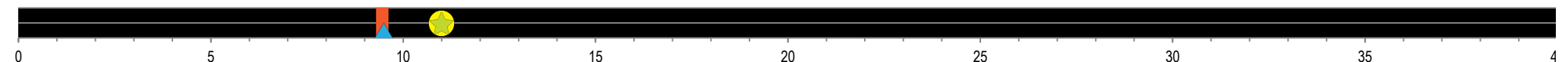


**11**

STG

### YIRT LEVEL 2

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



# NIKE SPARQ FOOTBALL

## WILL JONES

### GAP U15 - D

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#### COLOR KEY

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

#### YOUR SPARQ FOOTBALL RATING:

**26.98**



10

**46.0**

CM

### VERTICAL JUMP

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

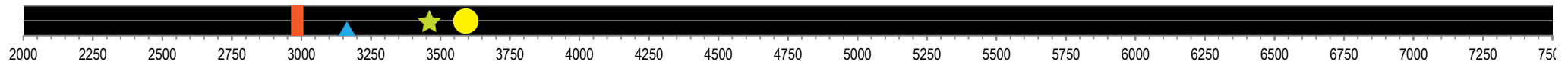


**3460**

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.



**3.41**

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.

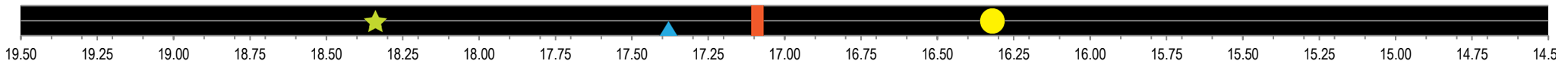


**18.34**

SEC

### ARROWHEAD AGILITY

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



**11**

STG

### YIRT LEVEL 2

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

