GAP U16 - JAY CATTON

RALPH NEWBROOK • TEST DATE: 11.10.2013

THE NUMBERS DON'T LIE.

AVERAGE SPARQ RATING

#N/A

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]	
50.7	3896	3.12	15.53	15	
vertical jump height reveals your ability to express lower-body power.		sprint time relects 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
57.08	#N/A	53.22	57.13
54.0	53.6	45.7	59.5
3990	3760	3780	4660
3.12	3.07	3.16	3.12
16.69	13.80	16.42	17.04
19	15	15	14
	57.08 54.0 3990 3.12 16.69	57.08 #N/A 54.0 53.6 3990 3760 3.12 3.07 16.69 13.80	57.08 #N/A 53.22 54.0 53.6 45.7 3990 3760 3780 3.12 3.07 3.16 16.69 13.80 16.42



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ID	ATHLETE NAME	COUNTRY	POS.	VERTICAL JUMP	PEAK POWER	20-METRE SPRINT	ARROWHEAD AGILITY	YIRT LEVEL 2	SPARQ RATING
1	MANLEY, JORDAN	UK	GK	54.0	3990	3.12	16.69	19	57.08
2	DORAN, LEON	UK	D	53.0	4240	3.07	16.47	18	62.83
3	BOYES, CHRIS	UK	D	50.0	4060	3.13	16.68	12	49.00
4	WILLIS, JOSH	UK	D	53.0	4790	3.09	17.31	11	51.45
5	SHRIGLEY, SHAUN	UK	D	53.0	3970	3.07	16.34	21	63.60
6	CUNNAH, RHYS	UK	М	41.0	4060	3.18	16.32	10	46.90
7	CHAMBERS, JACK	UK	М	55.0	4140	3.04	16.35	17	63.73
8	BIBBY, TOM	UK	М	50.0	4150	3.23	15.76	19	64.50
9	RATHBONE, GEORGE	UK	F	68.0	5240	3.04	16.08	16	76.33
10	JONES, ANDY	UK	F	51.0	4080	3.19	18.00	11	37.93
11	FRAZIER, JORDAN	UK	М	42.0	4300	3.31	17.25	10	39.15
12	WADDILOVE, BEN	UK	D	0.0	1120	0.00	0.00	0	#N/A
13	ROBERTS, JAMIE	UK	М	48.0	3210	3.07	16.56	20	56.43
14	BLIZZARD, LUKE	UK	D	59.0	4380	2.97	16.02	13	68.63
15	KILLBURN, JAMES	UK	М	43.0	3180	3.06	16.16	16	56.25
16	BAILEY, RYAN	UK	М	41.0	3420	3.21	16.56	14	45.55



JORDAN MANLEY

GAP U16 - GK







LEON DORAN

GAP U16 - D







CHRIS BOYES

GAP U16 - D







JOSH WILLIS

GAP U16 - D







SHAUN SHRIGLEY

GAP U16 - D







RHYS CUNNAH

GAP U16 - M







JACK CHAMBERS

GAP U16 - M







TOM BIBBY

GAP U16 - M







GEORGE RATHBONE

GAP U16 - F







ANDY JONES

GAP U16 - F

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10 51.0 **VERTICAL JUMP** VERTICAL JUMP HEIGHT REVEALS YOUR ABILITY TO EXPRESS LOWER-BODY POWER. 45.0 50.0 55.0 60.0 65.0 70.0 75.0 85.0 95.0 35.0 40.0 0.08 90.0 VERTICAL JUMP HEIGHT IS FACTORED TOGETHER WITH BODY WEIGHT TO CALCULATE PEAK POWER. AN INDICATOR OF EXPLOSIVENESS IN KEY MATCH SITUATIONS 4080 **PEAK POWER** LIKE EVADING A TACKLE. OVERPOWERING YOUR OPPONENT AND LAUNCHING A SHOT ON GOAL 2250 2500 2750 3000 3250 3500 4250 2000 3750 4000 4500 4750 5000 5250 5500 5750 6000 6250 6500 6750 7000 7250 750 SPRINT TIME RELECTS YOUR ABILITY TO ACCELERATE FROM A STANDING START, WHICH IS CRITICAL FOR MANAGING SPACE ON THE PITCH AND REACTING TO **20-METRE SPRINT** CHANGES IN POSSESSION. 4.00 3.90 3.80 3.70 3.60 3.50 3.40 3.30 3.20 3.10 3.00 2.90 2.80 18.00 **ARROWHEAD AGILITY** MEASURES YOUR ABILITY TO MAINTAIN BODY CONTROL AT PACE THROUGH MULTIPLE CHANGES IN DIRECTION. 19.25 19 00 18 75 19 50 18 50 18 25 18 00 17 75 17 50 17 25 17 00 16 75 16 50 16 25 16 00 15 75 15 50 15 25 15 00 14.75 14.5 **YIRT LEVEL 2** MEASURES YOUR ABILITY TO EXECUTE AND RECOVER FROM REPEATED BOUTS OF HIGH-INTENSITY RUNNING. 10 20 15 25 30 35 5



JORDAN FRAZIER

GAP U16 - M

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11 42.0 **VERTICAL JUMP** VERTICAL JUMP HEIGHT REVEALS YOUR ABILITY TO EXPRESS LOWER-BODY POWER. 40.0 45.0 50.0 55.0 60.0 70.0 75.0 85.0 90.0 95.0 35.0 65.0 0.08 VERTICAL JUMP HEIGHT IS FACTORED TOGETHER WITH BODY WEIGHT TO CALCULATE PEAK POWER. AN INDICATOR OF EXPLOSIVENESS IN KEY MATCH SITUATIONS 4300 **PEAK POWER** LIKE EVADING A TACKLE. OVERPOWERING YOUR OPPONENT AND LAUNCHING A SHOT ON GOAL. 2250 2500 2750 3000 3250 3500 2000 3750 4000 4250 4500 4750 5000 5250 5500 5750 6000 6250 6500 6750 7000 7250 750 SPRINT TIME RELECTS YOUR ABILITY TO ACCELERATE FROM A STANDING START, WHICH IS CRITICAL FOR MANAGING SPACE ON THE PITCH AND REACTING TO 3.31 **20-METRE SPRINT** CHANGES IN POSSESSION. 4.00 3.90 3.80 3.70 3.60 3.50 3.40 3.30 3.20 3.10 3.00 2.90 2.80 **ARROWHEAD AGILITY** MEASURES YOUR ABILITY TO MAINTAIN BODY CONTROL AT PACE THROUGH MULTIPLE CHANGES IN DIRECTION. 19.25 19 00 18 75 19 50 18 50 18 25 18 00 17 75 17 50 17 25 17 00 16 75 16 50 16 25 16 00 15 75 15 50 15 25 15 00 14.75 14.5 **YIRT LEVEL 2** MEASURES YOUR ABILITY TO EXECUTE AND RECOVER FROM REPEATED BOUTS OF HIGH-INTENSITY RUNNING. 10 20 15 25 30 35 5



BEN WADDILOVE

GAP U16 - D

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12 0.0 **VERTICAL JUMP** VERTICAL JUMP HEIGHT REVEALS YOUR ABILITY TO EXPRESS LOWER-BODY POWER. 45.0 50.0 55.0 60.0 70.0 75.0 85.0 95.0 35.0 40.0 65.0 0.08 90.0 VERTICAL JUMP HEIGHT IS FACTORED TOGETHER WITH BODY WEIGHT TO CALCULATE PEAK POWER. AN INDICATOR OF EXPLOSIVENESS IN KEY MATCH SITUATIONS **PEAK POWER** LIKE EVADING A TACKLE. OVERPOWERING YOUR OPPONENT AND LAUNCHING A SHOT ON GOAL. 2250 2500 2750 3000 3250 3500 4250 2000 3750 4000 4500 4750 5000 5250 5500 5750 6000 6250 6500 6750 7000 7250 750 SPRINT TIME RELECTS YOUR ABILITY TO ACCELERATE FROM A STANDING START, WHICH IS CRITICAL FOR MANAGING SPACE ON THE PITCH AND REACTING TO 0.00 **20-METRE SPRINT** CHANGES IN POSSESSION. 4.00 3.90 3.80 3.70 3.60 3.50 3.40 3.30 3.20 3.10 3.00 2.90 2.80 0.00 **ARROWHEAD AGILITY** MEASURES YOUR ABILITY TO MAINTAIN BODY CONTROL AT PACE THROUGH MULTIPLE CHANGES IN DIRECTION. 19.25 19 00 18 75 19 50 18 50 18 25 18 00 17 75 17 50 17 25 17 00 16 75 16 50 16 25 16 00 15 75 15 50 15 25 15 00 14.75 14.5 **YIRT LEVEL 2** 0 MEASURES YOUR ABILITY TO EXECUTE AND RECOVER FROM REPEATED BOUTS OF HIGH-INTENSITY RUNNING. 10 20 15 25 30 35



JAMIE ROBERTS

GAP U16 - M

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13 48.0 **VERTICAL JUMP** VERTICAL JUMP HEIGHT REVEALS YOUR ABILITY TO EXPRESS LOWER-BODY POWER. 40.0 45.0 50.0 55.0 60.0 70.0 75.0 85.0 95.0 35.0 65.0 0.08 90.0 VERTICAL JUMP HEIGHT IS FACTORED TOGETHER WITH BODY WEIGHT TO CALCULATE PEAK POWER. AN INDICATOR OF EXPLOSIVENESS IN KEY MATCH SITUATIONS 3210 **PEAK POWER** LIKE EVADING A TACKLE. OVERPOWERING YOUR OPPONENT AND LAUNCHING A SHOT ON GOAL. 2250 2500 2750 3000 3250 3500 4250 2000 3750 4000 4500 4750 5000 5250 5500 5750 6000 6250 6500 6750 7000 7250 750 SPRINT TIME RELECTS YOUR ABILITY TO ACCELERATE FROM A STANDING START, WHICH IS CRITICAL FOR MANAGING SPACE ON THE PITCH AND REACTING TO 3.07 **20-METRE SPRINT** CHANGES IN POSSESSION. 4.00 3.90 3.80 3.70 3.60 3.50 3.40 3.30 3.20 3.10 3.00 2.90 2.80 16.56 **ARROWHEAD AGILITY** MEASURES YOUR ABILITY TO MAINTAIN BODY CONTROL AT PACE THROUGH MULTIPLE CHANGES IN DIRECTION. 19.25 19 00 18 75 19 50 18 50 18 25 18 00 17 75 17 50 17 25 17 00 16 75 16 50 16.25 16 00 15 75 15 50 15 25 15 00 14.75 14.5 **YIRT LEVEL 2** MEASURES YOUR ABILITY TO EXECUTE AND RECOVER FROM REPEATED BOUTS OF HIGH-INTENSITY RUNNING. 10 15 20 25 30 35



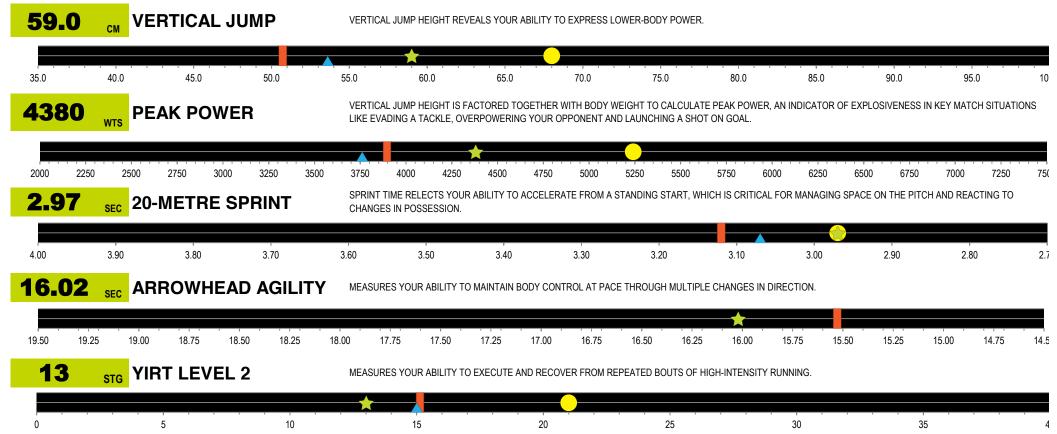
LUKE BLIZZARD

GAP U16 - D

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JAMES KILLBURN

GAP U16 - M

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43.0 **VERTICAL JUMP** VERTICAL JUMP HEIGHT REVEALS YOUR ABILITY TO EXPRESS LOWER-BODY POWER. 40.0 45.0 50.0 55.0 60.0 70.0 75.0 85.0 95.0 35.0 65.0 0.08 90.0 VERTICAL JUMP HEIGHT IS FACTORED TOGETHER WITH BODY WEIGHT TO CALCULATE PEAK POWER. AN INDICATOR OF EXPLOSIVENESS IN KEY MATCH SITUATIONS 3180 **PEAK POWER** LIKE EVADING A TACKLE. OVERPOWERING YOUR OPPONENT AND LAUNCHING A SHOT ON GOAL. 2250 2500 2750 3000 3250 3500 4250 2000 3750 4000 4500 4750 5000 5250 5500 5750 6000 6250 6500 6750 7000 7250 750 SPRINT TIME RELECTS YOUR ABILITY TO ACCELERATE FROM A STANDING START, WHICH IS CRITICAL FOR MANAGING SPACE ON THE PITCH AND REACTING TO 3.06 **20-METRE SPRINT** CHANGES IN POSSESSION. 4.00 3.90 3.80 3.70 3.60 3.50 3.40 3.30 3.20 3.10 3.00 2.90 2.80 16.16 **ARROWHEAD AGILITY** MEASURES YOUR ABILITY TO MAINTAIN BODY CONTROL AT PACE THROUGH MULTIPLE CHANGES IN DIRECTION. 19.25 19 00 18 75 19 50 18 50 18 25 18 00 17 75 17 50 17 25 17 00 16 75 16 50 16.25 16.00 15 75 15 50 15 25 15 00 14.75 14.5 **YIRT LEVEL 2** MEASURES YOUR ABILITY TO EXECUTE AND RECOVER FROM REPEATED BOUTS OF HIGH-INTENSITY RUNNING. 10 20 15 25 30 35

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