

NIKE SPARQ FOOTBALL

NOMADS U12 - JAY CATTON

RALPH NEWBROOK • TEST DATE: 04.02.2014

THE NUMBERS DON'T LIE.

AVERAGE SPARQ RATING

12.41

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]
38.5	2123	3.55	18.87	5
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
SPARQ RATING	13.43	18.70	10.32	10.34
VERTICAL JUMP	38.6	42.3	36.9	38.1
PEAK POWER	2280	2390	1995	2010
20-METRE SPRINT	3.48	3.38	3.63	3.60
ARROWHEAD AGILITY	18.55	17.86	19.25	19.24
YIRT LEVEL 2	5	6	5	5

NIKE SPARQ FOOTBALL

NOMADS U12 - JAY CATTON

RALPH NEWBROOK

● TEST DATE:

4.2.2014

ID	ATHLETE NAME	COUNTRY	POS.	VERTICAL JUMP	PEAK POWER	20-METRE SPRINT	ARROWHEAD AGILITY	YIRT LEVEL 2	SPARQ RATING
1	KING, JAMIE	UK	GK	39.2	2410	3.47	18.08	5	15.28
2	WORTHINGTON, JAMES	UK	D	42.0	2260	3.33	18.05	6	19.25
3	HARRISON-SMITH, ALEX	UK	M	36.2	1900	3.55	19.00	6	12.10
4	THOMPSON, JOE	UK	F	39.8	2350	3.69	19.94	4	8.28
5	EDWARDS, JOSH	UK	D	42.6	2520	3.42	17.66	5	18.15
6	JONES, OWEN	UK	M	30.2	2000	3.94	19.76	3	5.55
7	SUMNER, LEO	UK	F	39.2	1960	3.72	19.56	5	9.10
8	DOHERTY, MATTHEW	UK	GK	38.0	2150	3.48	19.01	5	11.58
9	CONNOR-ASTREOS, MARCUS	UK	M	45.9	2270	3.52	18.85	6	13.73
10	CLEWORTH, MAX	UK	M	35.4	1810	3.52	19.38	5	9.88
11	SMITH, JACK	UK	F	35.3	1720	3.40	18.23	5	13.65

NIKE SPARQ FOOTBALL

JAMIE KING

NOMADS U12 - GK

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COLOR KEY

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

YOUR SPARQ FOOTBALL RATING:

15.28

15.28

13.43

12.41

19.25

39.2

CM

VERTICAL JUMP

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

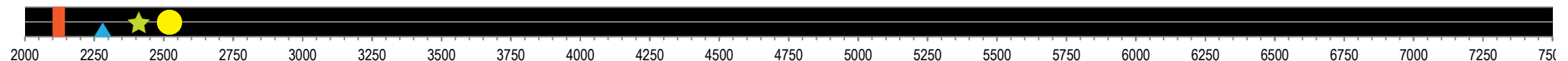


2410

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.



18.08

SEC

ARROWHEAD AGILITY

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

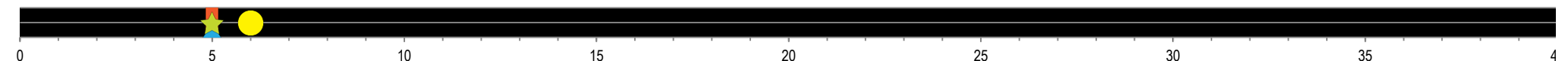


5

STG

YIRT LEVEL 2

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



NIKE SPARQ FOOTBALL

JAMES WORTHINGTON

NOMADS U12 - D

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COLOR KEY

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YOUR SPARQ FOOTBALL RATING:

19.25



42.0

CM

VERTICAL JUMP

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

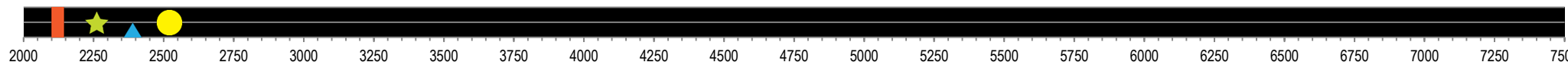


2260

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.



3.33

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.

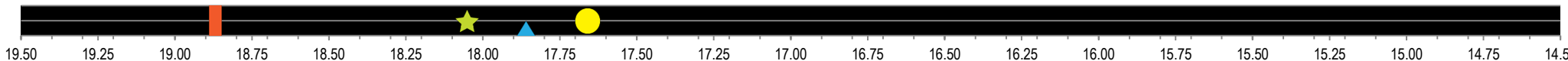


18.05

SEC

ARROWHEAD AGILITY

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

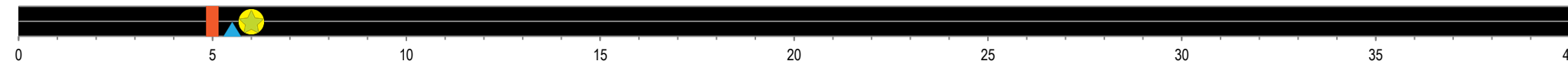


6

STG

YIRT LEVEL 2

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



NIKE SPARQ FOOTBALL

ALEX HARRISON-SMITH

NOMADS U12 - M

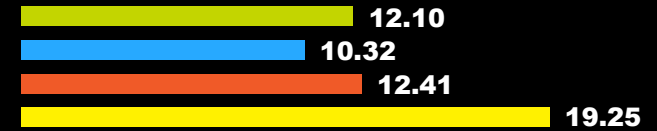
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YOUR SPARQ FOOTBALL RATING:

12.10



36.2

CM

VERTICAL JUMP

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

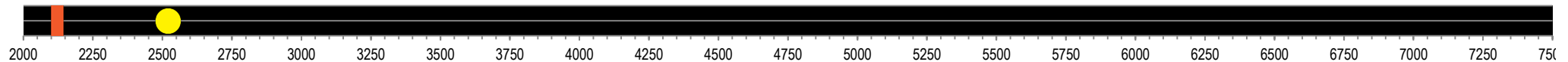


1900

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.



3.55

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.



19.00

SEC

ARROWHEAD AGILITY

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

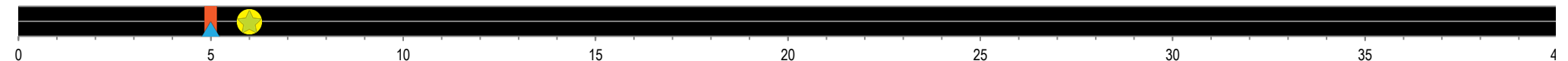


6

STG

YIRT LEVEL 2

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



NIKE SPARQ FOOTBALL

JOE THOMPSON

NOMADS U12 - F

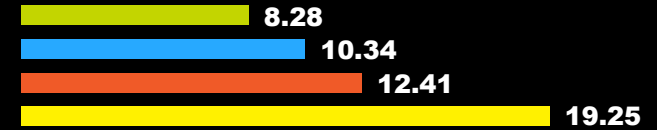
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YOUR SPARQ FOOTBALL RATING:

8.28



39.8

CM

VERTICAL JUMP

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

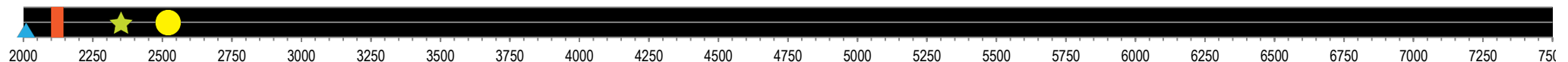


2350

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.



3.69

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.

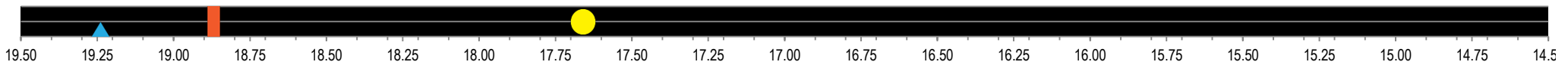


19.94

SEC

ARROWHEAD AGILITY

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

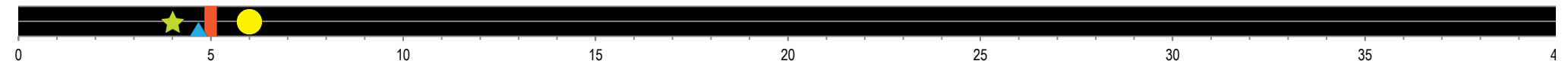


4

STG

YIRT LEVEL 2

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



NIKE SPARQ FOOTBALL

JOSH EDWARDS

NOMADS U12 - D

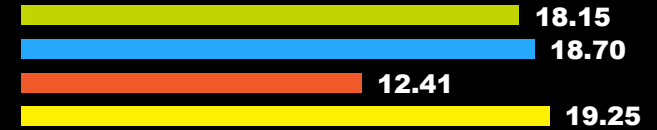
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YOUR SPARQ FOOTBALL RATING:

18.15



42.6

CM

VERTICAL JUMP

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

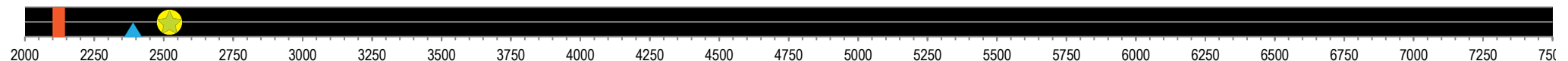


2520

WTS

PEAK POWER

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3.42

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.

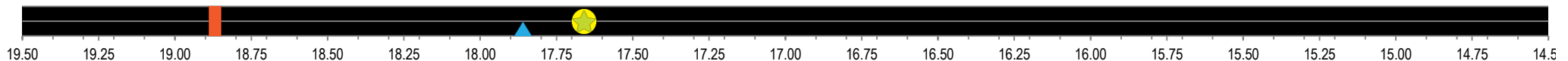


17.66

SEC

ARROWHEAD AGILITY

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

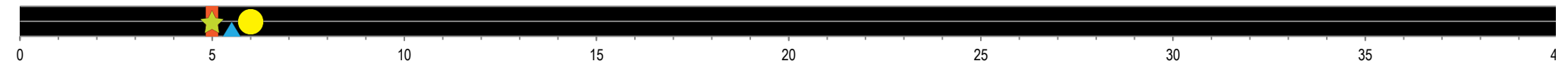


5

STG

YIRT LEVEL 2

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



NIKE SPARQ FOOTBALL

OWEN JONES

NOMADS U12 - M

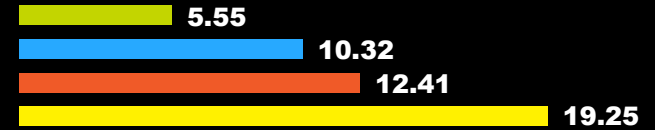
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YOUR SPARQ FOOTBALL RATING:

5.55



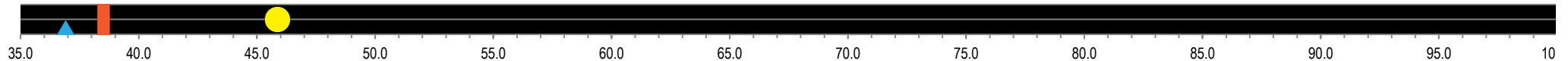
6

30.2

CM

VERTICAL JUMP

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

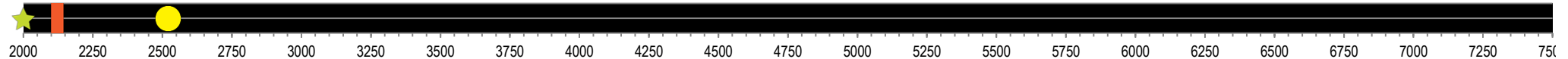


2000

WTS

PEAK POWER

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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.



19.76

SEC

ARROWHEAD AGILITY

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

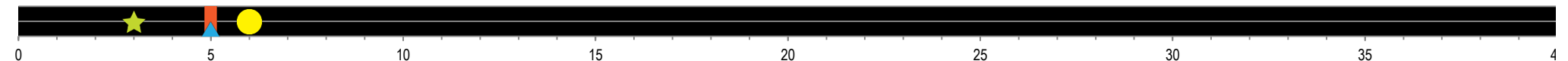


3

STG

YIRT LEVEL 2

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



NIKE SPARQ FOOTBALL

LEO SUMNER

NOMADS U12 - F

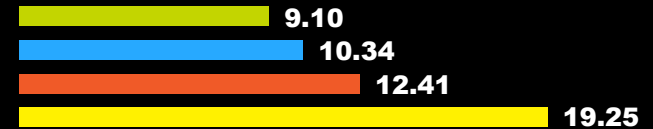
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YOUR SPARQ FOOTBALL RATING:

9.10



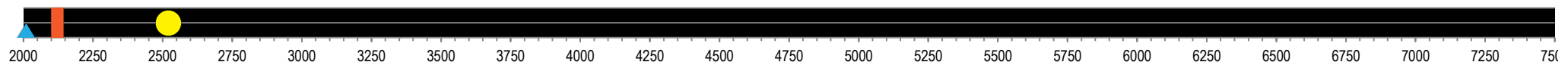
39.2 CM VERTICAL JUMP

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



1960 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.



3.72 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.



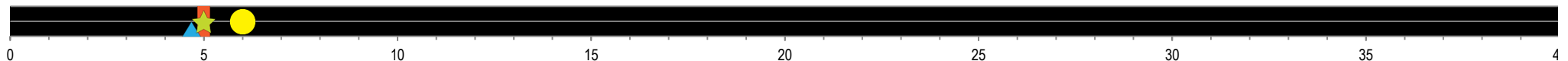
19.56 SEC ARROWHEAD AGILITY

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

MATTHEW DOHERTY

NOMADS U12 - GK

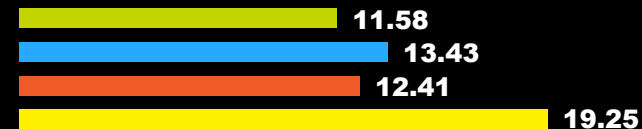
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COLOR KEY

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

YOUR SPARQ FOOTBALL RATING:

11.58



38.0

CM

VERTICAL JUMP

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

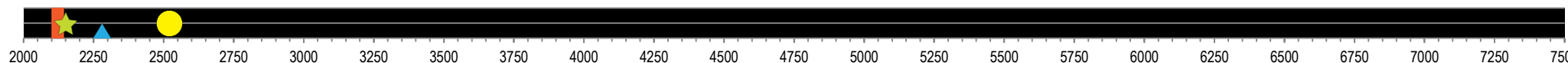


2150

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.



3.48

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.

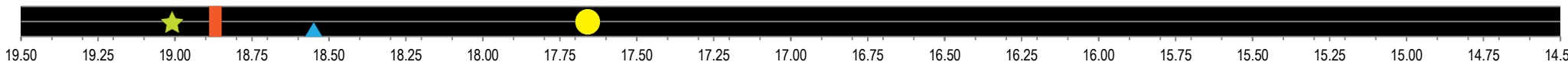


19.01

SEC

ARROWHEAD AGILITY

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

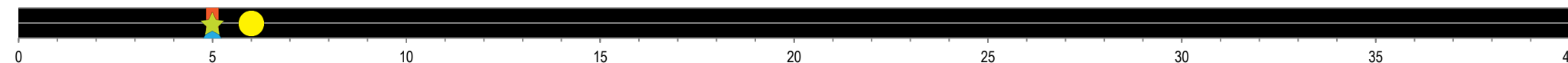


5

STG

YIRT LEVEL 2

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



NIKE SPARQ FOOTBALL

MARCUS CONNOR-ASTREOS

NOMADS U12 - M

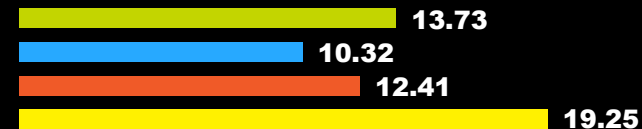
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COLOR KEY

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

YOUR SPARQ FOOTBALL RATING:

13.73



9

45.9

CM

VERTICAL JUMP

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

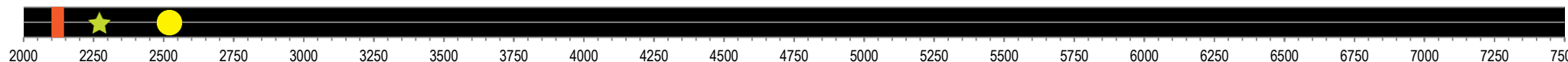


2270

WTS

PEAK POWER

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3.52

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.

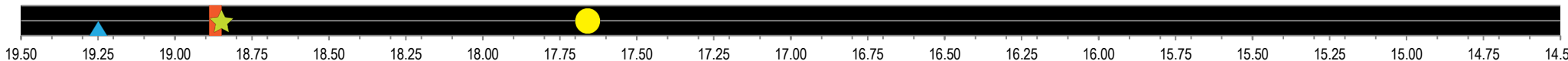


18.85

SEC

ARROWHEAD AGILITY

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

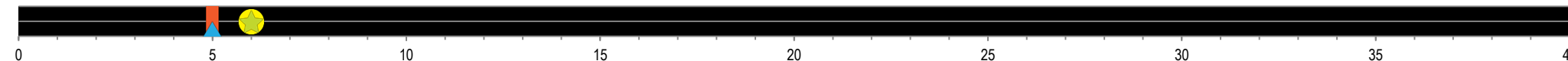


6

STG

YIRT LEVEL 2

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



NIKE SPARQ FOOTBALL

MAX CLEWORTH

NOMADS U12 - M

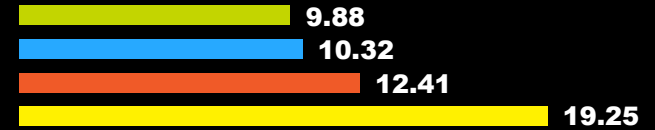
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COLOR KEY

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

YOUR SPARQ FOOTBALL RATING:

9.88



10

35.4

CM

VERTICAL JUMP

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

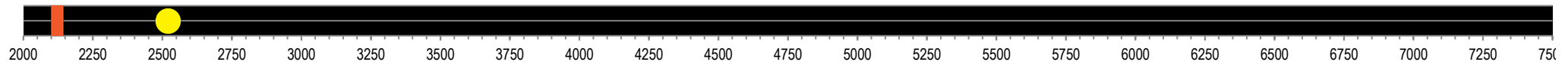


1810

WTS

PEAK POWER

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3.52

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.



19.38

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.

