

# NIKE SPARQ FOOTBALL

## GAP U16 - GAP NOMADS

RALPH NEWBROOK • TEST DATE: 03.04.2014

THE NUMBERS DON'T LIE.

### AVERAGE SPARQ RATING

**58.93**

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>50.8</b>	<b>4184</b>	<b>3.14</b>	<b>16.40</b>	<b>17</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>60.53</b>	<b>57.81</b>	<b>56.92</b>	<b>66.38</b>
VERTICAL JUMP	58.1	52.1	45.8	59.7
PEAK POWER	4470	4230	3857	4930
20-METRE SPRINT	3.19	3.13	3.16	3.07
ARROWHEAD AGILITY	16.48	16.46	16.30	16.55
YIRT LEVEL 2	19	16	17	16



# NIKE SPARQ FOOTBALL

## GAP U16 - GAP NOMADS

RALPH NEWBROOK

● TEST DATE:

3.4.2014

ID	ATHLETE NAME	COUNTRY	POS.	VERTICAL JUMP	PEAK POWER	20-METRE SPRINT	ARROWHEAD AGILITY	YIRT LEVEL 2	SPARQ RATING
1	MANLEY, JORDAN	UK	GK	58.1	4470	3.19	16.48	19	60.53
2	BOYES, CHRIS	UK	D	46.9	3960	3.15	16.56	13	50.03
3	SHRIGGLEY, SHAUN	UK	D	55.8	4330	3.25	16.29	22	61.18
4	ROBERTS, JAMIE	UK	M	42.9	3130	3.21	16.26	17	50.50
5	BIBBY, THOMAS	UK	M	52.4	4410	3.22	15.87	26	70.13
6	CHAMBERS, JACK	UK	M	53.8	4150	3.09	16.03	22	68.55
7	FRASER, JORDAN	UK	M	41.9	4530	3.24	17.25	11	43.50
8	BLIZZARD, LUKE	UK	D	62.9	4790	2.93	15.87	16	80.60
9	RATHBONE, GEORGE	UK	F	67.4	5410	3.03	16.21	18	79.00
10	JONES, ANDY	UK	F	52.0	4450	3.10	16.88	13	53.75
11	KILLBURN, JAMES	UK	M	38.5	3060	3.05	16.13	13	53.23
12	WADDILOVE, BEN	UK	D	42.8	3840	3.20	17.10	11	39.43
13	BAILEY, RYAN	UK	M	45.4	3860	3.12	16.27	15	55.60

# NIKE SPARQ FOOTBALL

## JORDAN MANLEY

### GAP U16 - GK

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.

#### COLOR KEY

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

#### YOUR SPARQ FOOTBALL RATING:

**60.53**

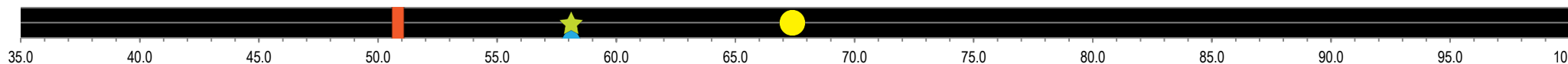


**58.1**

CM

### VERTICAL JUMP

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

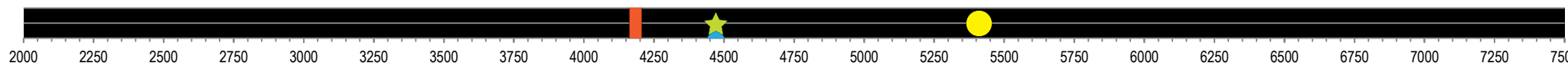


**4470**

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.



**3.19**

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.

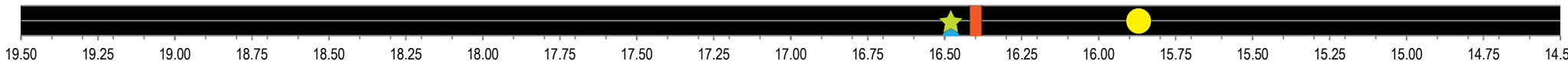


**16.48**

SEC

### ARROWHEAD AGILITY

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

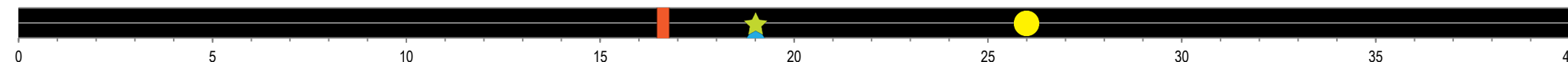


**19**

STG

### YIRT LEVEL 2

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



# NIKE SPARQ FOOTBALL

## CHRIS BOYES

### GAP U16 - D

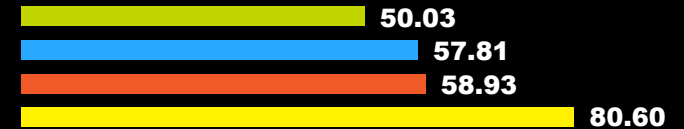
Each SPARQ Rating is derived from ranking, scoring and summing the results from tests of Football athletic performance. Each test is ranked against a reference sample of hundreds of SPARQ-Rated Football players. Use the rating to track your improvement and to compare yourself to your teammates or other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

#### COLOR KEY

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

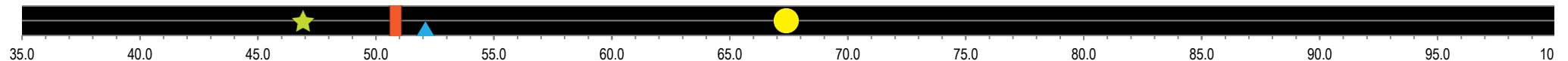
#### YOUR SPARQ FOOTBALL RATING:

**50.03**



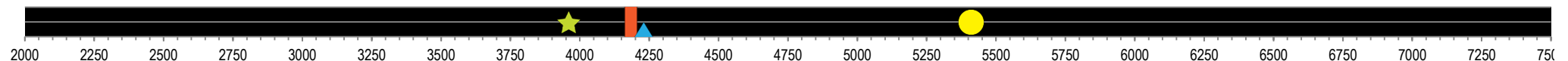
### 46.9 CM VERTICAL JUMP

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



### 3960 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.



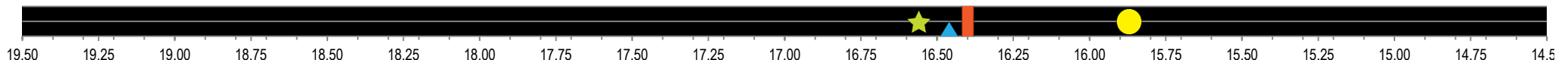
### 3.15 SEC 20-METRE SPRINT

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.



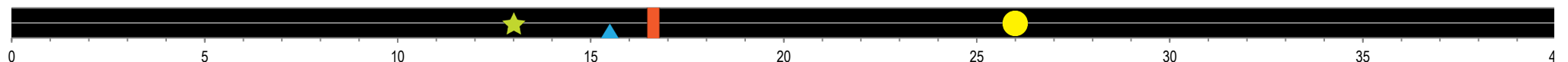
### 16.56 SEC ARROWHEAD AGILITY

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



### 13 STG YIRT LEVEL 2

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



# NIKE SPARQ FOOTBALL

## SHAUN SHRIGGLEY

### GAP U16 - D

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.

#### COLOR KEY

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

#### YOUR SPARQ FOOTBALL RATING:

**61.18**

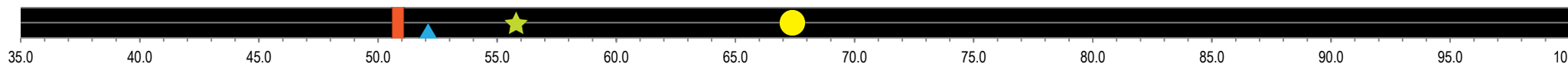


**55.8**

CM

### VERTICAL JUMP

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

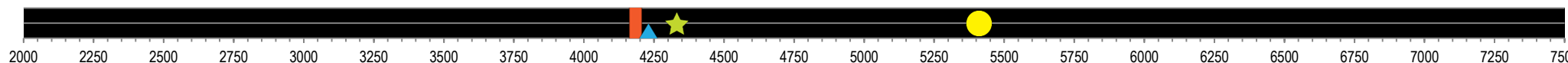


**4330**

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.



**3.25**

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.

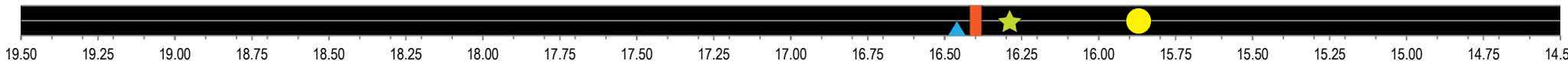


**16.29**

SEC

### ARROWHEAD AGILITY

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

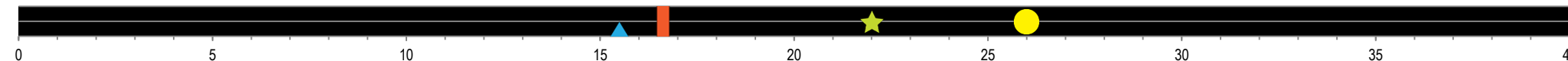


**22**

STG

### YIRT LEVEL 2

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



# NIKE SPARQ FOOTBALL

## JAMIE ROBERTS

### GAP U16 - M

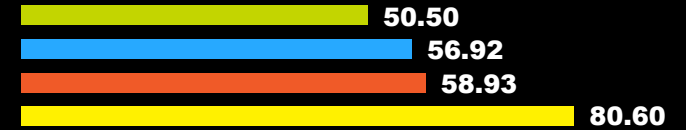
Each SPARQ Rating is derived from ranking, scoring and summing the results from tests of Football athletic performance. Each test is ranked against a reference sample of hundreds of SPARQ-Rated Football players. Use the rating to track your improvement and to compare yourself to your teammates or other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

#### COLOR KEY

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

#### YOUR SPARQ FOOTBALL RATING:

**50.50**



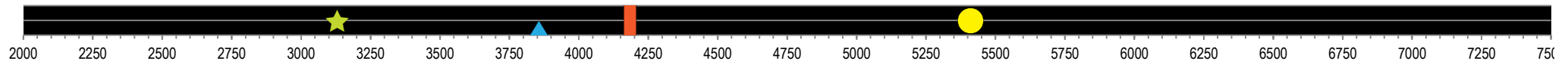
### 42.9 CM VERTICAL JUMP

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



### 3130 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.



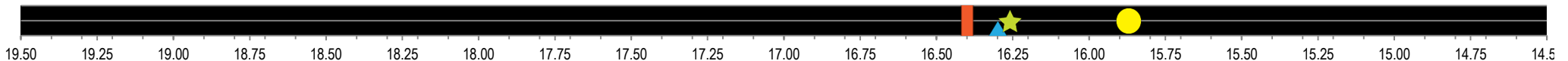
### 3.21 SEC 20-METRE SPRINT

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.



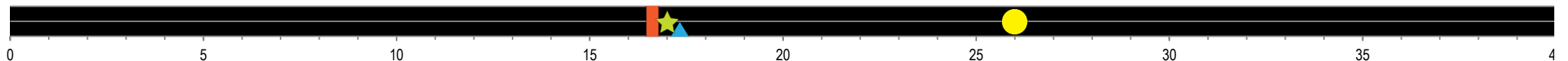
### 16.26 SEC ARROWHEAD AGILITY

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



### 17 STG YIRT LEVEL 2

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



# NIKE SPARQ FOOTBALL

## THOMAS BIBBY

### GAP U16 - M

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.

#### COLOR KEY

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

#### YOUR SPARQ FOOTBALL RATING:

**70.13**

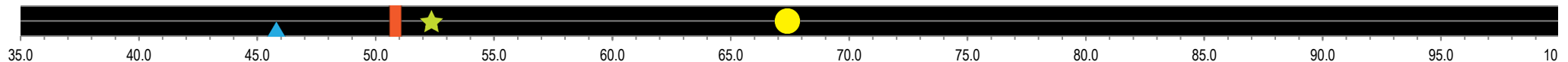


**52.4**

CM

### VERTICAL JUMP

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

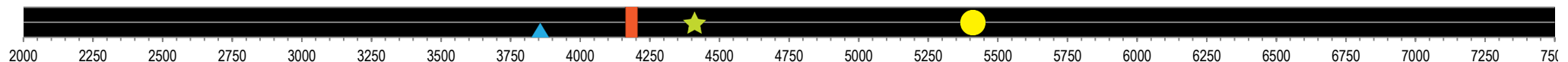


**4410**

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.



**3.22**

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.



**15.87**

SEC

### ARROWHEAD AGILITY

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

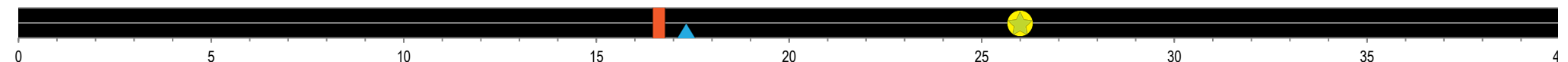


**26**

STG

### YIRT LEVEL 2

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





# NIKE SPARQ FOOTBALL

## JACK CHAMBERS

### GAP U16 - M

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.

#### COLOR KEY

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

#### YOUR SPARQ FOOTBALL RATING:

**68.55**



**53.8**

CM

### VERTICAL JUMP

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

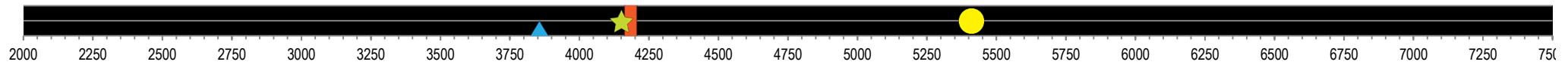


**4150**

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.



**3.09**

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.

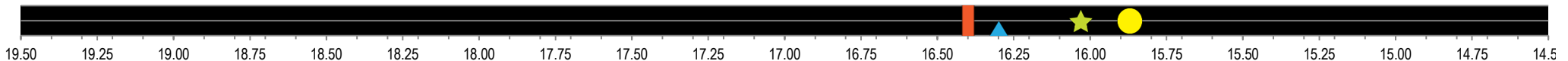


**16.03**

SEC

### ARROWHEAD AGILITY

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

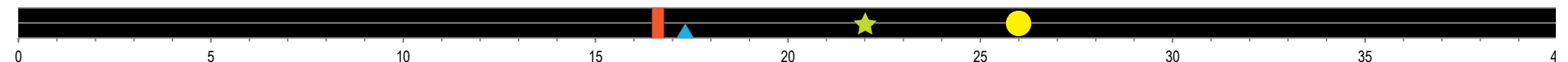


**22**

STG

### YIRT LEVEL 2

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



# NIKE SPARQ FOOTBALL

## JORDAN FRASER

### GAP U16 - M

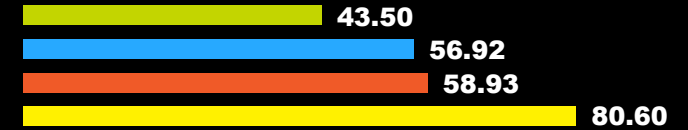
Each SPARQ Rating is derived from ranking, scoring and summing the results from tests of Football athletic performance. Each test is ranked against a reference sample of hundreds of SPARQ-Rated Football players. Use the rating to track your improvement and to compare yourself to your teammates or other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

#### COLOR KEY

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

#### YOUR SPARQ FOOTBALL RATING:

**43.50**



**41.9**

CM

### VERTICAL JUMP

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

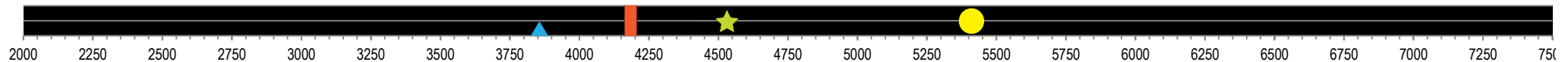


**4530**

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.



**3.24**

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.



**17.25**

SEC

### ARROWHEAD AGILITY

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

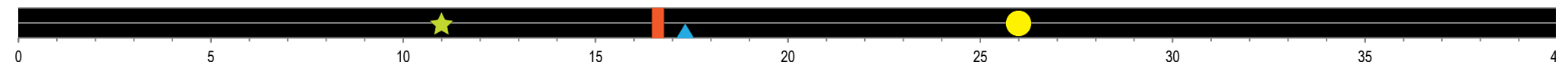


**11**

STG

### YIRT LEVEL 2

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



# NIKE SPARQ FOOTBALL

## LUKE BLIZZARD

### GAP U16 - D

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.

#### COLOR KEY

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

#### YOUR SPARQ FOOTBALL RATING:

**80.60**

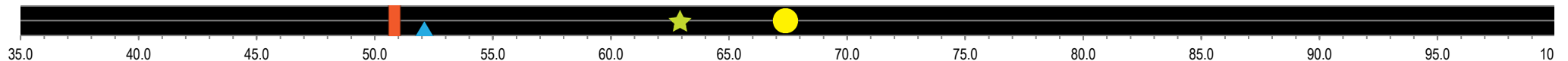


**62.9**

CM

### VERTICAL JUMP

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

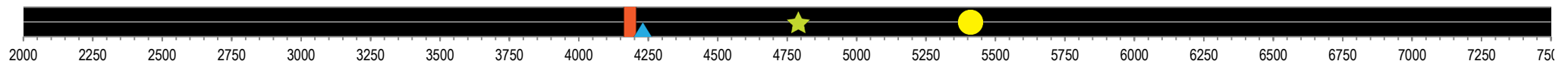


**4790**

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.



**2.93**

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.



**15.87**

SEC

### ARROWHEAD AGILITY

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

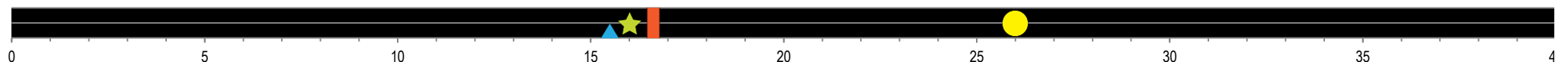


**16**

STG

### YIRT LEVEL 2

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



# NIKE SPARQ FOOTBALL

## GEORGE RATHBONE

### GAP U16 - F

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.

#### COLOR KEY

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

#### YOUR SPARQ FOOTBALL RATING:

**79.00**



**67.4**

CM

### VERTICAL JUMP

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

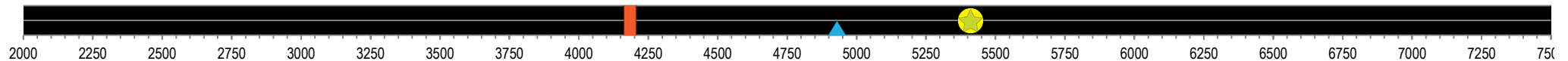


**5410**

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.



**3.03**

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.

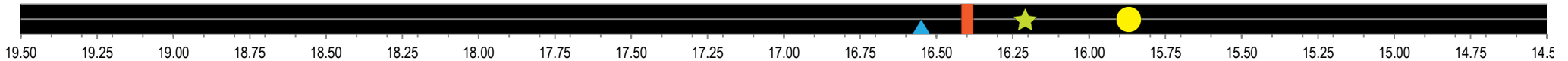


**16.21**

SEC

### ARROWHEAD AGILITY

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

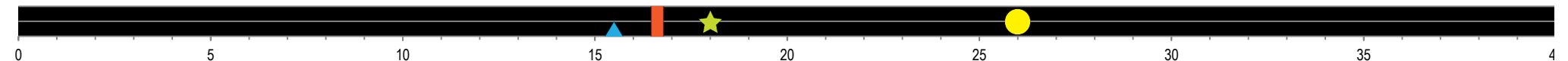


**18**

STG

### YIRT LEVEL 2

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



# NIKE SPARQ FOOTBALL

## ANDY JONES

### GAP U16 - F

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.

#### COLOR KEY

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

#### YOUR SPARQ FOOTBALL RATING:

**53.75**



**52.0**

CM

### VERTICAL JUMP

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

10

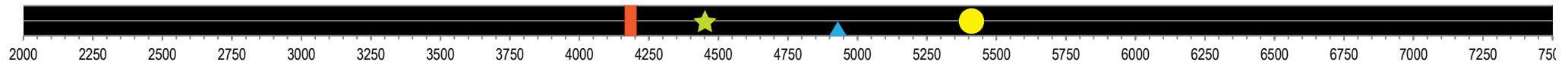


**4450**

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.



**3.10**

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.

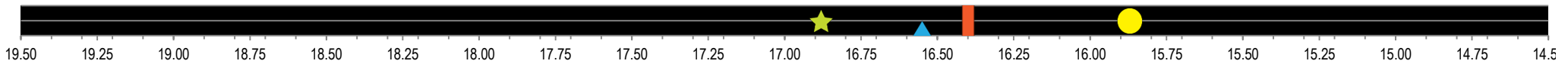


**16.88**

SEC

### ARROWHEAD AGILITY

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

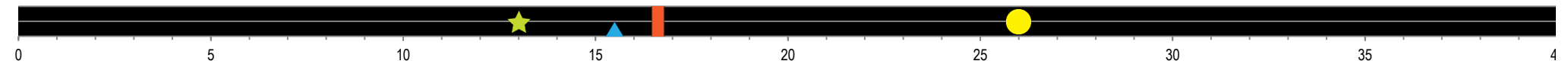


**13**

STG

### YIRT LEVEL 2

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



# NIKE SPARQ FOOTBALL

## JAMES KILLBURN

### GAP U16 - M

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.

#### COLOR KEY

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

#### YOUR SPARQ FOOTBALL RATING:

**53.23**



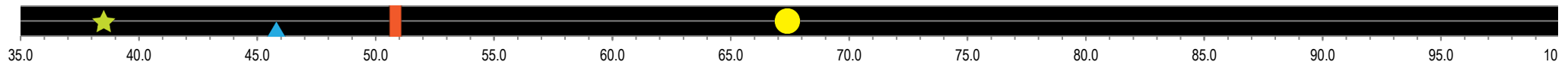
**38.5**

CM

### VERTICAL JUMP

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

11

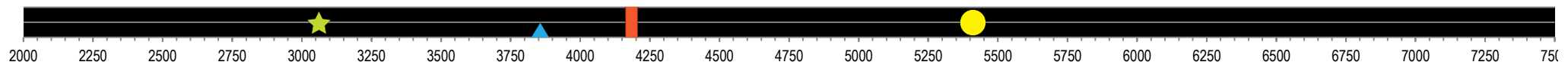


**3060**

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.



**3.05**

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.

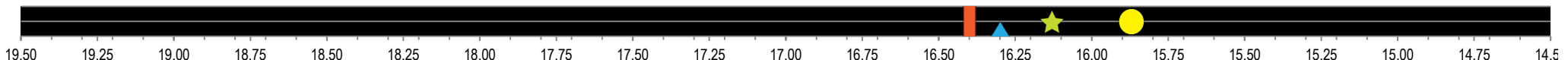


**16.13**

SEC

### ARROWHEAD AGILITY

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

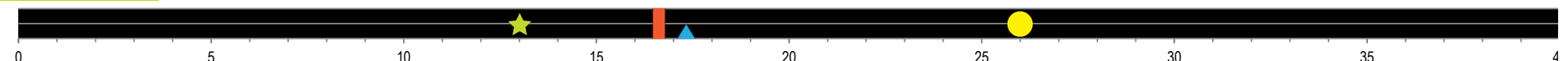


**13**

STG

### YIRT LEVEL 2

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



# NIKE SPARQ FOOTBALL

## BEN WADDILOVE

### GAP U16 - D

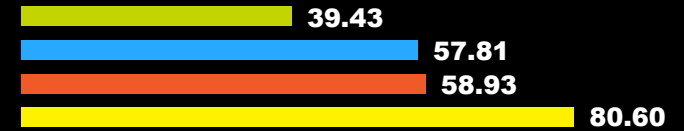
Each SPARQ Rating is derived from ranking, scoring and summing the results from tests of Football athletic performance. Each test is ranked against a reference sample of hundreds of SPARQ-Rated Football players. Use the rating to track your improvement and to compare yourself to your teammates or other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

#### COLOR KEY

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

#### YOUR SPARQ FOOTBALL RATING:

**39.43**



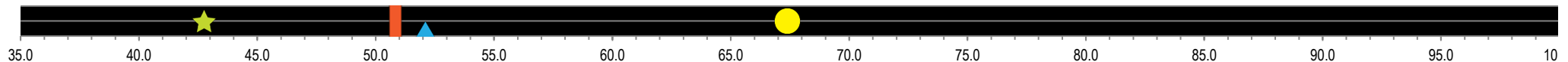
12

**42.8**

CM

### VERTICAL JUMP

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

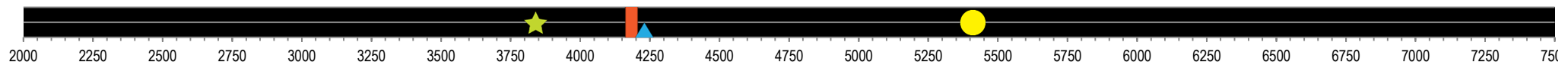


**3840**

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.



**17.10**

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.

