

NIKE SPARQ FOOTBALL

GAP U19 - GAP NOMADS

RALPH NEWBROOK • TEST DATE: 03.04.2014

THE NUMBERS DON'T LIE.

AVERAGE SPARQ RATING

57.70

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]
48.5	4181	3.11	16.47	15
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

	M	D	F	GK
SPARQ RATING	64.36	50.42	51.06	45.55
VERTICAL JUMP	48.0	46.2	49.2	54.3
PEAK POWER	4035	3965	4425	5000
20-METRE SPRINT	3.08	3.18	3.12	3.11
ARROWHEAD AGILITY	16.15	16.62	16.62	17.84
YIRT LEVEL 2	18	16	11	8

NIKE SPARQ FOOTBALL

GAP U19 - 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	AUSTIN, STUART	UK	M	56.9	4550	2.92	15.73	18	83.10
2	STANTON, ANTHONY	UK	M	41.6	3580	3.19	16.15	20	57.45
3	WILLIAMS, ARON	UK	M	46.9	4010	3.11	16.39	12	51.58
4	JONES, LEWIS	UK	M	49.2	4190	3.20	16.54	19	57.53
5	FORSHAW, BEN	UK	D	44.2	3500	3.18	16.50	22	54.85
6	GAUL, KIERAN	UK	M	38.8	3160	3.12	16.69	21	53.45
7	RILEY, JACK	UK	D	48.3	4430	3.17	16.73	9	45.98
8	JONES, SAM	UK	F	50.0	4530	3.13	16.90	13	53.23
9	JONES, BRYN	UK	GK	54.3	5000	3.11	17.84	8	45.55
10	COOKSON, SEAN	UK	M	54.8	4720	2.96	15.42	15	83.05
11	AAVRAM, MARIOS	UK	F	48.4	4320	3.11	16.33	8	48.88

NIKE SPARQ FOOTBALL

STUART AUSTIN

GAP U19 - M

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COLOR KEY

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

YOUR SPARQ FOOTBALL RATING:

83.10



56.9

CM

VERTICAL JUMP

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

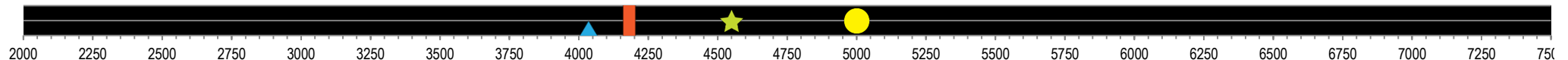


4550

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.



2.92

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.



15.73

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

ANTHONY STANTON

GAP U19 - M

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YOUR SPARQ FOOTBALL RATING:

57.45



2

41.6

CM

VERTICAL JUMP

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

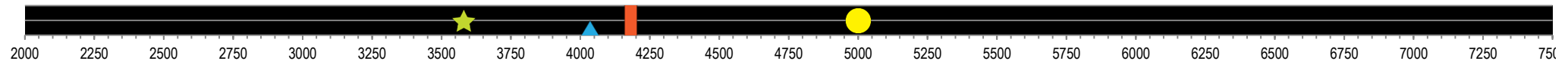


3580

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.



16.15

SEC

ARROWHEAD AGILITY

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



20

STG

YIRT LEVEL 2

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



NIKE SPARQ FOOTBALL

ARON WILLIAMS

GAP U19 - M

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YOUR SPARQ FOOTBALL RATING:

51.58



46.9

CM

VERTICAL JUMP

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

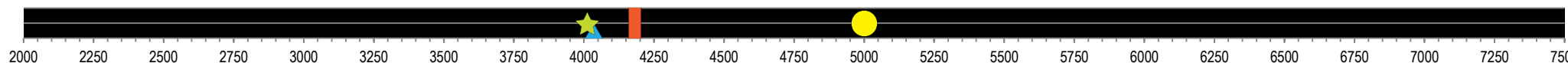


4010

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.



3.11

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.

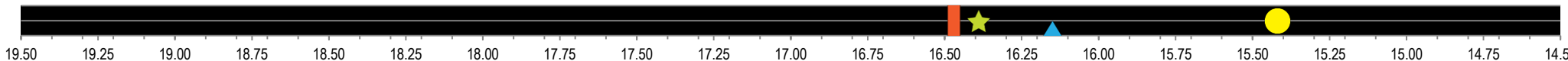


16.39

SEC

ARROWHEAD AGILITY

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

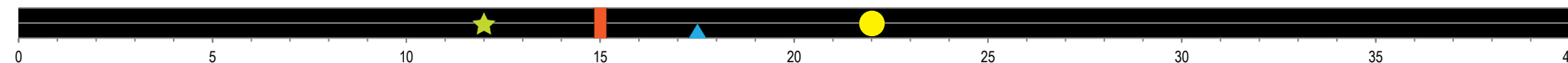


12

STG

YIRT LEVEL 2

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



NIKE SPARQ FOOTBALL

LEWIS JONES

GAP U19 - M

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COLOR KEY

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- Team Best

YOUR SPARQ FOOTBALL RATING:

57.53

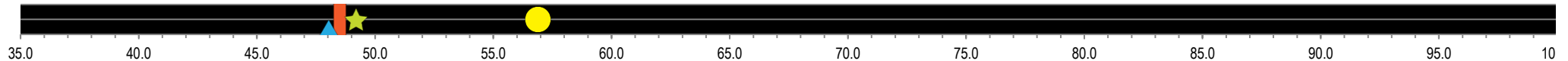


49.2

CM

VERTICAL JUMP

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

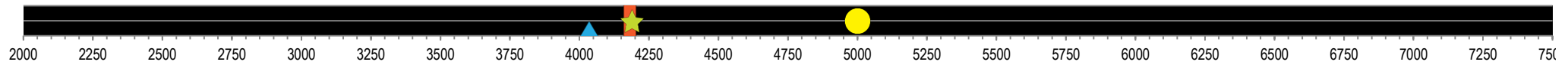


4190

WTS

PEAK POWER

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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.

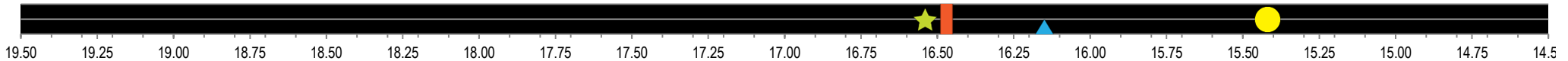


16.54

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

BEN FORSHAW

GAP U19 - D

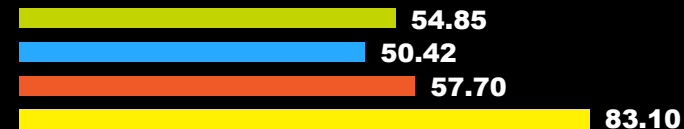
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YOUR SPARQ FOOTBALL RATING:

54.85



44.2

CM

VERTICAL JUMP

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

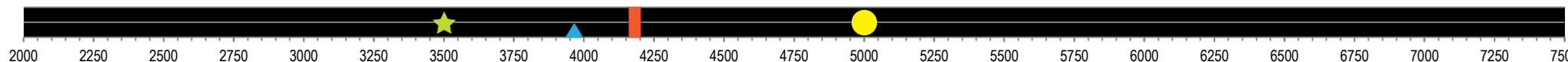


3500

WTS

PEAK POWER

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3.18

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.

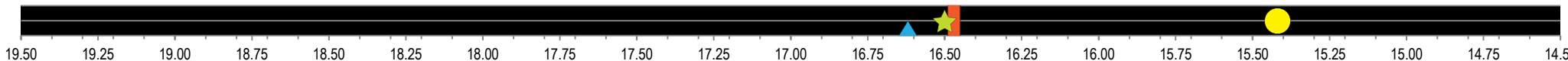


16.50

SEC

ARROWHEAD AGILITY

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

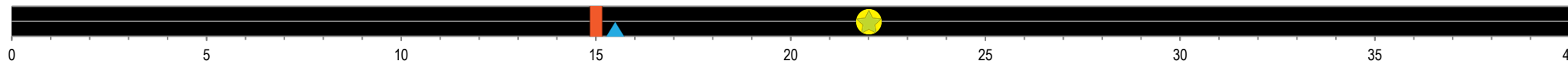


22

STG

YIRT LEVEL 2

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



NIKE SPARQ FOOTBALL

KIERAN GAUL

GAP U19 - M

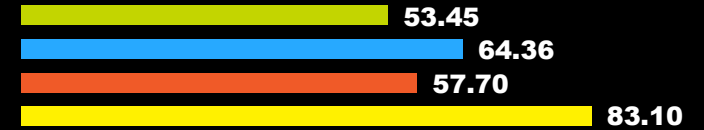
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COLOR KEY

- ★ You
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- Team Best

YOUR SPARQ FOOTBALL RATING:

53.45

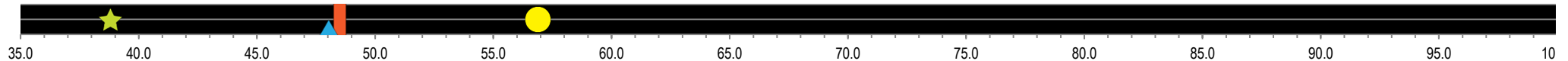


38.8

CM

VERTICAL JUMP

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

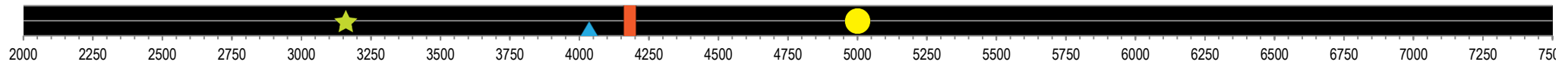


3160

WTS

PEAK POWER

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3.12

SEC

20-METRE SPRINT

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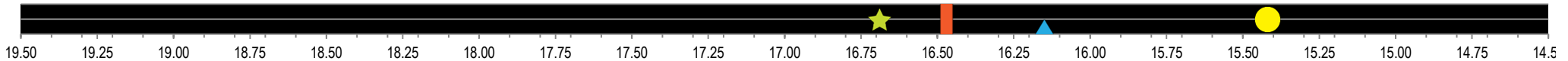


16.69

SEC

ARROWHEAD AGILITY

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

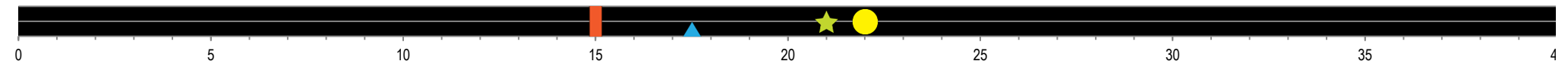


21

STG

YIRT LEVEL 2

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



NIKE SPARQ FOOTBALL

JACK RILEY

GAP U19 - D

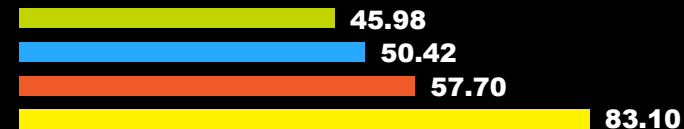
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YOUR SPARQ FOOTBALL RATING:

45.98



48.3

CM

VERTICAL JUMP

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

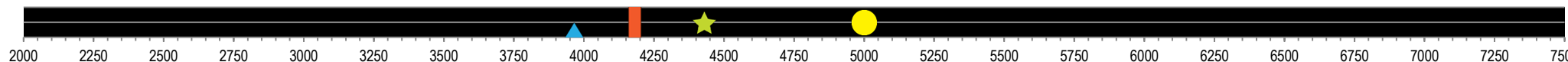


4430

WTS

PEAK POWER

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3.17

SEC

20-METRE SPRINT

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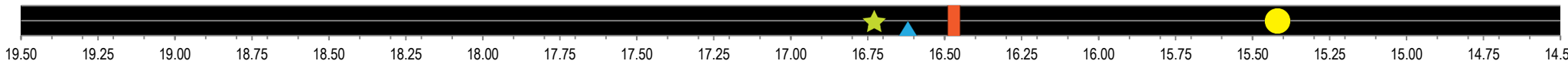


16.73

SEC

ARROWHEAD AGILITY

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

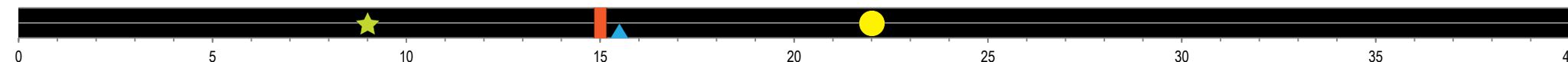


9

STG

YIRT LEVEL 2

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



NIKE SPARQ FOOTBALL

SAM JONES

GAP U19 - F

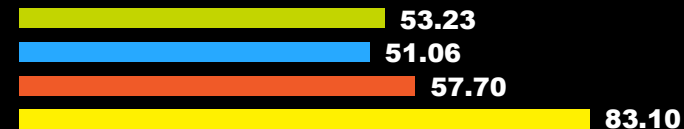
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- ★ You
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YOUR SPARQ FOOTBALL RATING:

53.23



50.0

CM

VERTICAL JUMP

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

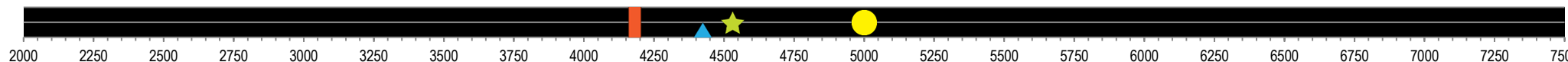


4530

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.



3.13

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.

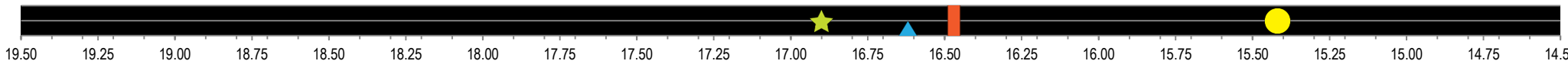


16.90

SEC

ARROWHEAD AGILITY

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

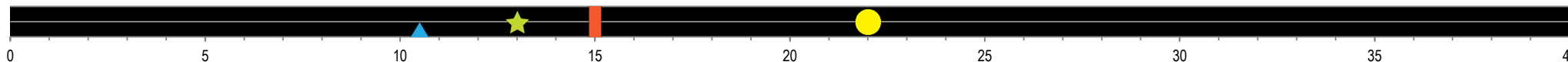


13

STG

YIRT LEVEL 2

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



NIKE SPARQ FOOTBALL

BRYN JONES

GAP U19 - GK

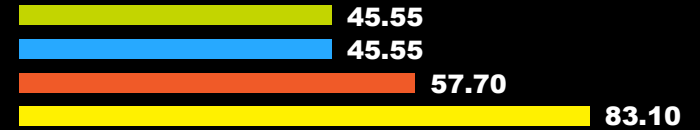
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- ★ You
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YOUR SPARQ FOOTBALL RATING:

45.55



54.3

CM

VERTICAL JUMP

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

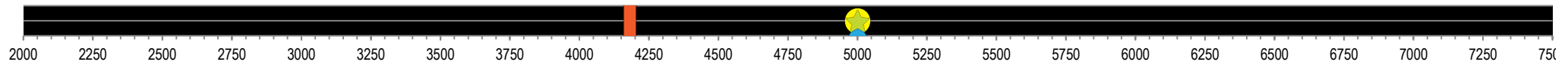


5000

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.



3.11

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.



17.84

SEC

ARROWHEAD AGILITY

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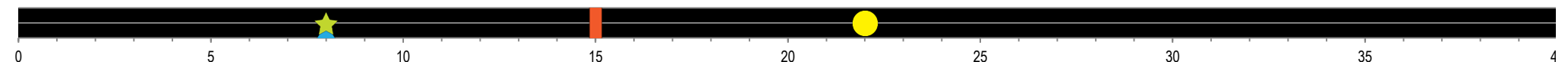


8

STG

YIRT LEVEL 2

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



NIKE SPARQ FOOTBALL

SEAN COOKSON

GAP U19 - M

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COLOR KEY

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

YOUR SPARQ FOOTBALL RATING:

83.05



54.8

CM

VERTICAL JUMP

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



4720

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.



2.96

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.

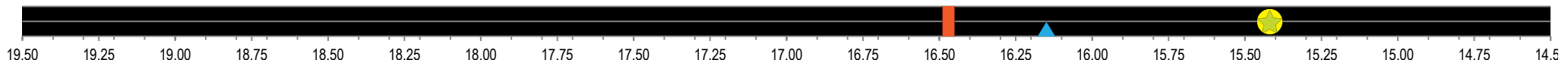


15.42

SEC

ARROWHEAD AGILITY

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



15

STG

YIRT LEVEL 2

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

