

TRAIN Assessment Recording Sheet

Name: _____

Date: _____

Sports Competed in _____

SPEED/ AGILITY

Station Number	Test	Raw Score
1	10 Meter Shuttle Run	secs

POWER

Station Number	Test	Raw Score		
2	Medicine Ball Throw	meters		
3	Vertical Jump	Starting Measurement	Ending Measurement	Difference
		cm	cm	cm

STRENGTH

Station Number	Test	Raw Score
5	Wall Sits	secs
6	Regular Push-Ups	completed
	Knee Push-Ups	completed

COORDINATION

Station Number	Test	Raw Score
8	Catching and Throwing	completed
9	Dribbling a Soccer Ball	Time
		secs

BALANCE

Station Number	Test	Raw Score
10	Walk a Line	steps

FLEXIBILITY

Station Number	Test	Raw Score
12	Sit and Reach	cm

AEROBIC ENDURANCE

Station Number	Test	Raw Score
13	3 Minute Step Test	bpm

Best Skills: _____

Skills to Improve: _____

Sports to Try: _____