



ATHLETE EVALUATION FORM  
BREAKTHROUGH SPORTS PERFORMANCE INC.



NAME:	DOB:	SPORT:	POSITION:	TEST DATE:
<b>ANTHROPOMETRIC</b>				
	SCORE - TEST #1	SCORE - TEST #2	SCORE - TEST #3	
HEIGHT				
WEIGHT				
WC				
WINGSPAN				
BP				
RHR				
<b>BASELINE</b>				
SIT AND REACH				
VO2 MAX				
200 YD SHUTTLE				
300 YD SHUTTLE				
PUSH UPS				
GRIP STRENGTH				
BALANCE - 1 LEG STANCE				
BALANCE - EXTREME BALANCE BOARD				
BENT ARM HANG				
VERTICAL JUMP				
BROAD JUMP				
<b>SPEED</b>				
40 YARD SPRINT				
HILL SPRINT - 110 FT				
30M/60M SPRINT				

<b>STRENGTH</b>			
CHIN UPS			
PULL UPS			
BENCH PRESS			
SINGLE LEG SQUAT			
DEADLIFTS			
FRONT SQUAT			
<b>CORE</b>			
ANTI EXTENSION - ELBOW PLANK 20s			
ANTI EXTENSION - ELBOW PLANK 60s			
ANTI ROTATION - BIRD DOG			
ANTI ROTATION - ROTARY STABILITY			
SCAPULOTHORACIC - THUMBS UP			
SCAPULOTHORACIC - OH ARM DROP			
LPHC - 2 FOOT BRIDGE			
LPHC - UNILATERAL FOOT BRIDGE			
<b>MOVEMENT</b>			
HEXAGON AGILITY DRILL - 2 x 10s			
LATERAL CROSSOVERS - 3 X 10s			
OH SQUAT ASSESSMENT			
SL SQUAT ASSESSMENT			
ANKLE MOBILITY WALL DRILL			
<b>AGILITY</b>			
T - TEST			
W DRILL			
ILLINOIS AGILITY			
TRANSITION DRILL			