



BC ALPINE FITNESS RECORD SHEET

Name	Height (cm)	Weight (cm)	Sit Reach (cm)	Vertical Jump Left (cm)	Vertical Jump Right (cm)	Vertical Jump Best (cm)	Broad Jump 1 (m)	Broad Jump 2 (m)	Broad Jump Best (m)	Penta Jump Both (m)			Penta Jump Left (m)			Penta Jump Right (m)			40m sprint (sec)	Box Jump				Illinois Agility			
										Trial 1	Trial 2	Best	Trial 1	Trial 2	Best	Trial 1	Trial 2	Best		0-30	30-60	60-90	Total	Leger Boucher	Left to Right (sec)	Right to Left (sec)	Push Ups
ANDREAS, Sarah	132.5		31			24.5				5	4.6	5	4.9	5.3	5.3	5	4.6	5	7.78	23	19		42	4.6	26.2	27.1	4
BLISSETT, Hope	162.5		44			34.5				8	8.7	8.7	8.1	8.5	8.5	9	9.1	9.1	7.63	34	16		50	6	23.5	22.7	13
DUFFY, Claire	165		16			22				5.4	5.9	5.9	5.7	5.8	5.8	5.6	6.3	6.3	8.41	23	17		40	3	28.9	28.6	3
GRADY, Katie	140.5		26.5			30				8.4	8.2	8.4	8	8.1	8.1	8.2	8.3	8.3	7.16	36	33		69	7.9	22.3	23	7
KAHL, Taylor	134.5		38			32				7.7	8.1	8.1	7.2	7.5	7.5	6.8	6.7	6.8	7.5	35	27		62	7.1	23.4	23.8	3
SALANSKI, Kaylin	162		35.5			28.5				8.1	8.4	8.4	7.2	8.4	8.4	8.5	8.6	8.6	7.59	28	17		45	4.5	24	23.9	3
SHERRET, India	152		41.5			42				8.3	8.5	8.5	7.4	7.5	7.5	8.3	8.2	8.3	7.53	24	17		41	4.1	24.4	24.4	5
TEPPER, Natalie	134.5		31			27.5				7.3	7.7	7.7	6.1	6.8	6.8	6.9	6.8	6.9	7.94	32	19		51	6.1	27.4	28.5	4
ANDREAS, Josh	145		14			27				6	6.2	6.2	6.8	6.6	6.8	6.4	6.4	6.4	7.62	27	14		41	3.6	27.6	25.6	9
CHORE, Axel	153.5		24			39.5				8.2	8.2	8.2	7.8	7.2	7.8	8.2	8.2	8.3	7.69	32	24		56	8	22.7	24.7	9
GRADY, Ryan	161		35.5			49				10.5	10.2	10.5	10.1	9.8	10.1	10.2	10.2	10.2	6.37	40	32		72	7.9	21.5	21.4	18
HUGO, Anton	134.5		38			34.5				8.8	8	8.8	7	7.8	7.8	6.9	6.9	6.9	7.81	32	26		58	6.1	24.8	24.4	4
KAHL, Zack	147.5		30.5			37.5				8	8.2	8.2	8.2	8.2	8.2	7.4	7.2	7.4	7.69	35	18		53	6.4	22.5	23.1	21
MITCHELLE, Eric	145		28			33				6.2	5.7	6.2	6.1	5.8	6.1	5.1	6	6	8	17	16		33	4.7	27.9	26.1	8
MITCHELLE, Kyle	155		29.5			43				8.8	8.6	8.8	8.3	8.7	8.7	8.2	8.8	8.8	6.1	33	31		64	6.1	24	23.4	12
NOWICKI, Glen	167.5		14			50.5				8.1	8.4	8.4	8.8	8.8	8.8	8.7	8.6	8.7	7.15	34	31		65	6.5	21.9	22.1	13
TEPPER, Cole	156		23.5			45.5				8.4	7.9	8.4	8	8.2	8.2	8.4	8.5	8.5	7.41	35	33		68	8	21.6	22.2	18
WILSON, Adian	173		31.5			43.5				8.6	8.6	8.6	9.4	9.9	9.9	9.6	9.5	9.6	7.19	37	29		66	7.9	21.4	21.5	16