



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				Leger Boucher	Illinois Agility		Push Ups
										Trial 1	Trial 2	Best	Trial 1	Trial 2	Best	Trial 1	Trial 2	Best		0-30	30-60	60-90	Total		Left to Right (sec)	Right to Left (sec)	
BEDELL, Rebecca	161					45.7	1.94	2.04	2.04	9.43	9.96	9.96	9.13	9.37	9.37	9.96	10.24	10.24	6.53		75		75	7.5	21.68	21.36	29
BEDELL, Scott	176.5					63.5	2.44	2.35	2.44			na			na		na	na	na		57		57	8	na	na	27
BERMEL, Rebecca	160.5					54.6	2.22	2.23	2.23	11.39	11.82	11.82	10.38	10.57	10.57	10.92	10.89	10.92	5.94		73		73	7.8	20.22	19.98	26
CHORE, Axel	155					31.8	1.71	1.55	1.71	8.3	8.13	8.3	7.83	7.92	7.92	7.94	7.29	7.94	7.09		70		70	8	22.89	24.11	18
CHORE, Zoe	151					35.6	1.53	1.58	1.58	8.57	8.08	8.57	7.5	8.27	8.27	7.36	8.98	8.98	6.88		57		57	5	26.65	26.82	8
GILBERT, Aidan	152					33.0	1.6	1.58	1.6	7.9	7.98	7.98	7.46	7.55	7.55	7.41	7.85	7.85	6.97		69		69	6	24.12	25.07	21
GRADY, Katie	142.2					36.8	1.6	1.69	1.69	8	8.31	8.31	7.87	8.21	8.21	7.32	8.1	8.1	7.06		71		71	7.5	24.59	22.62	19
GRADY, Ryan	162.5					52.7	2.13	2.09	2.13	10.14	10.38	10.38	10.62	10.53	10.62	10.44	10.9	10.9	6.1		80		80	8	21.42	21.68	31
KAHL, Taylor	134.3					32.4	1.82	1.66	1.82	7.97	7.54	7.97	7.95	7.74	7.95	7.06	7.56	7.56	7.56		69		69	6.5	23	23.06	10
KAHL, Zack	149.5					38.1	1.71	na	1.71	8.97	8.97	8.97	7.06	na	7.06	na	7.22	7.22	7.56		0		6	24	23.99	12	
LORING, Jonathan	161.5					31.8	1.4	1.45	1.45	6.86	6.65	6.86	5.71	4.81	5.71	6.41	6.41	6.41	8.41		43		43	3.5	31.2	31.37	11
LORING, Thomas	136					26.7	1.48	1.43	1.48	7.33	7.16	7.33	6.24	5.94	6.24	6	6.87	6.87	8.44		32		32	5	26.34	28	18
MESSER, Tyler	174					32.4	1.72	1.63	1.72	8.4	9.01	9.01	7.12	5.47	7.12	6.73	7.1	7.1	6.63		41		41	5	25.67	28.04	na
MITCHELLE, Eric	146					22.9	1.38	1.48	1.48	7.61	7.82	7.82	6.66	6.8	6.8	6.08	6.4	6.4	8		46		46	5.5	24.75	26.12	17
MITCHELLE, Kyle	154.5					36.8	1.81	1.73	1.81	8.97	9.09	9.09	7.34	7.31	7.34	7.89	7.71	7.89	7.31		45		45	7.5	23.61	23.41	27
NORTON, Gina	162.5					38.7	1.99	2.06	2.06	10	9.96	10	8.37	8.88	8.88	8.93	9.2	9.2	6.91		64		64	8	20.98	20.73	15
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