





## RBC Training Ground Fitness Testing Report - Male Canoe/Kayak

Date	Age	Vertical Jump (cm)	Vertical Jump	10m Sprint	30m Sprint	IMTP	IMTP Bodyweight Relative	20m Shuttle Run	Overall	
2/28/2021	16	66.5	0.3	0.3	0.2	-0.82	-0.79	0	-0.1	
Team Avg	16.5				66.4	1.76	4.36	182	2.4	11.03
Team Best					93.0	1.61	3.93	244	3.0	12.10

No data



### RBC Training Ground - 2019 Regional Qualifier Performance Benchmarks

POWER - Vertical Jump (cm)					
Age	Developing	Below Average	Average	Above Average	Excellent
Male 14-18.5 yrs	<41.1	41.2-58.5	58.6-70	71-88	>89
Male >18.5 yrs	<45	45.1-64.6	64.7-79.6	79.7-101.7	>101.8
Female 14-18.5 yrs	<33.4	33.5-46.9	47.0-56.1	56.2-69.8	>69.9
Female >18.5 yrs	<31.5	31.6-47.2	47.3-57.8	57.9-73.7	>73.8

SPEED - 0-30m Running Sprint (sec)					
Age	Developing	Below Average	Average	Above Average	Excellent
Male 14-18.5 yrs	>4.9	4.8-4.4	4.4-4.2	4.19-3.78	<3.77
Male >18.5 yrs	>4.8	4.7-4.36	4.35-4.09	4.08-3.73	<3.72
Female 14-18.5 yrs	>5.52	5.51-4.96	4.95-4.58	4.57-4.05	<4.04
Female >18.5 yrs	>5.52	5.51-4.95	4.94-4.57	4.56-4.10	<4.09

STRENGTH - Isometric Mid Thigh Pull (kg)					
Age	Developing	Below Average	Average	Above Average	Excellent
Male 14-18.5 yrs	<69	70-134	135-178	179-245	>246
Male >18.5 yrs	<105	106-169	170-217	218-290	>291
Female 14-18.5 yrs	<52	53-93	94-123	124-168	>169
Female >18.5 yrs	<58	59-109	110-149	150-207	>208

ENDURANCE - 20m Multi Stage Fitness Test (stage.shuttle)					
Age	Developing	Below Average	Average	Above Average	Excellent
Male 14-18.5 yrs	<5.09	6.01-8.10	9.01-11.04	11.05-14.09	>14.10
Male >18.5 yrs	<5.09	6.01-8.10	9.01-11.12	12.01-14.09	>14.10
Female 14-18.5 yrs	<2.01	2.02-6.06	6.07-8.10	9.01-13.03	>13.04
Female >18.5 yrs	<2.08	3.01-6.10	7.01-9.11	10.01-13.06	>13.07

# RBC Training Ground Fitness Testing Report - Female Canoe/Kayak

Date	Age	Vertical Jump (cm)	Vertical Jump	10m Sprint	30m Sprint	IMTP	IMTP Bodyweight Relative	20m Shuttle Run	Overall	
3/5/2021	14	41.4	-0.8	-0.4	-0.4	-0.32	0.75	0	-0.2	
Team Avg	17.0				45.4	1.98	4.96	120	1.9	8.09
Team Best					52.6	1.90	4.78	164	2.2	12.01

No data



## RBC Training Ground - 2019 Regional Qualifier Performance Benchmarks

POWER - Vertical Jump (cm)					
Age	Developing	Below Average	Average	Above Average	Excellent
Male 14-18.5 yrs	<41.1	41.2-58.5	58.6-70	71-88	>89
Male >18.5 yrs	<45	45.1-64.6	64.7-79.6	79.7-101.7	>101.8
Female 14-18.5 yrs	<33.4	33.5-46.9	47.0-56.1	56.2-69.8	>69.9
Female >18.5 yrs	<31.5	31.6-47.2	47.3-57.8	57.9-73.7	>73.8

SPEED - 0-30m Running Sprint (sec)					
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Male 14-18.5 yrs	>4.9	4.8-4.4	4.4-4.2	4.19-3.78	<3.77
Male >18.5 yrs	>4.8	4.7-4.36	4.35-4.09	4.08-3.73	<3.72
Female 14-18.5 yrs	>5.52	5.51-4.96	4.95-4.58	4.57-4.05	<4.04
Female >18.5 yrs	>5.52	5.51-4.95	4.94-4.57	4.56-4.10	<4.09

STRENGTH - Isometric Mid Thigh Pull (kg)					
Age	Developing	Below Average	Average	Above Average	Excellent
Male 14-18.5 yrs	<69	70-134	135-178	179-245	>246
Male >18.5 yrs	<105	106-169	170-217	218-290	>291
Female 14-18.5 yrs	<52	53-93	94-123	124-168	>169
Female >18.5 yrs	<58	59-109	110-149	150-207	>208

ENDURANCE - 20m Multi Stage Fitness Test (stage.shuttle)					
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Male >18.5 yrs	<5.09	6.01-8.10	9.01-11.12	12.01-14.09	>14.10
Female 14-18.5 yrs	<2.01	2.02-6.06	6.07-8.10	9.01-13.03	>13.04
Female >18.5 yrs	<2.08	3.01-6.10	7.01-9.11	10.01-13.06	>13.07