

ITF Regional Training Program
Fitness Testing Results

Players Name	Age	Height (cm)	Weight (kg)	20 M Sprint									505 Agility (Left)		505 Agility (Right)		
				5 M			10 M			20 M			Test 1	Test 2	Test 1	Test 2	
Amanda Korinihona	17	1.60															
Lorish Puluspene	14	1.61	60.40	1.24	1.28	1.21	2.33	2.14	2.04	3.81	3.63	3.63	3.02	2.95	2.98	3.10	
Lorraine Bainimataku	15	1.59	54.20	1.13	1.31	1.09	2.06	1.71	2.23	3.56	3.50	3.50	3.23	2.97	3.14	2.95	
Tito Bira	15	1.64	54.30	1.14	0.81	0.99	2.04	2.00	1.69		3.01	3.21	2.91	2.75	2.91	2.78	
Terry Lee Rush Jnr	13	1.57	41.20	1.20	1.13	1.18	1.93	1.41	2.00	3.53	3.47	3.39	3.00	2.82	3.12	2.87	
Diva Reddy	18	1.80	69.80	0.76	0.84	0.86	1.63	1.86	1.93	3.06	3.06	2.95	2.40	2.63	2.64	2.72	
Tony O'Connell	17	1.80															
Annie Shannon	14	1.80		1.12	1.14	1.14	2.01	1.93	2.10	3.37	3.69	3.19	3.16	2.94	2.93	2.90	
Marcia Tere Apisah	15	1.78	63.10	1.02	0.98	1.09	2.06	2.02	2.14	3.56	3.37	3.25	3.00	2.90	2.91	2.91	
Chris Hargrove	16	1.61	64.50	0.87	1.10	0.90	1.71	1.76	1.14	2.94	2.74	2.78	2.53	2.90	2.52	2.39	
Luke Paeni	17	1.76	60.20	0.95	0.87	0.68	1.72	1.66	1.72	2.93	3.07	3.00	2.54	2.54	2.25	2.47	
Tarani Kamoe	15	1.78	60.30	1.06	0.75	1.06	1.96	1.99	1.99	3.51	3.55	3.44	2.83	2.78	2.78	2.98	
Ruby	10	1.44		1.13	1.12	1.19	1.75	1.95	2.31	3.57	3.80	3.76	2.99	3.04	3.27	3.27	
Tiernan Breen	11	1.53		1.20	1.26	1.26	2.06	1.93	2.12	3.82	3.79	3.80	3.18	3.35	3.03	3.12	
Mulan Kamoe	11	1.50		1.21	1.07	1.24	2.06	2.18	2.12	3.81	3.76	3.68	3.04	2.87	3.02	2.80	
Junior Benjamin	11	1.45		1.05	1.08	1.01	2.06	2.12	2.00	3.68	3.68	3.49	3.08	2.85	2.90	3.08	
Vinda Teally	12			1.28	1.08	1.18	2.26	2.15	2.29	3.87	3.99	3.74	2.99	3.05	3.17	3.07	
	Vertical Jump (2 Feet)	Vetical Jump (Left foot only)	Vetical Jump (Right foot only)	Reach		Repeated Sprint ability Test										Total Time	% Decrease over time
						1	2	3	4	5	6	7	8	9	10		
Amanda Korinihona						2.07											
Lorish Puluspene	2.36	2.27	2.24	2.07	3.94	3.69	3.99	3.87	3.82	4.06	5.50	3.68	4.12	4.61	41.28	-54.17	
Lorraine Bainimataku	2.40	2.30	2.27	2.07	3.49	3.43	3.60	3.61	3.72	4.09	3.67	3.86	3.93	3.65	37.05	-57.15	
Tito Bira	2.41	2.30	2.30	2.04	3.82	3.72	3.56	3.74	3.78	3.81	3.82	3.65	3.83	4.00	37.73	-63.52	
Terry Lee Rush Jnr	2.30	2.21	2.21	2.00	3.75	3.54	3.60	3.40	3.35	3.62	4.27	3.60	3.72	3.62	36.47	-66.35	
Diva Reddy	2.70	2.37	2.46	2.28	3.85	2.95	3.24	2.80	3.27	3.66	3.22	3.25	3.25	3.20	32.69	-85.08	
Tony O'Connell															0.00		
Annie Shannon	2.50	2.40	2.43	2.27	3.85	3.28	4.02	4.18	3.79	3.86	4.21	4.40	3.67	4.00	39.26	-58.80	
Marcia Tere Apisah	2.52	2.46	2.43	2.15	3.62	3.49	3.50	3.50	3.50	3.62	3.50	3.45	4.06	3.74	35.98	-64.63	
Chris Hargrove	2.70	2.51	2.50	2.20	3.30	3.13	2.83	4.20	3.50	3.36	3.37	3.50	3.30	3.18	33.67	-64.34	
Luke Paeni	2.65	2.49	2.33	2.28	3.02	3.21	3.07	3.14	3.18	3.28	3.35	3.01	3.18	3.55	31.99	-62.41	
Tarani Kamoe	2.52	2.38	2.49	2.23	3.93	3.49	3.99	3.69	4.06	3.87	3.81	3.88	3.44	3.74	37.90	-65.79	
Ruby	2.17	2.00	2.05	1.89	4.25	4.36	4.53	5.19	4.30	4.48	4.00	4.61	4.60	3.98	44.30	-51.64	
Tiernan Breen	2.23	2.10	2.25	2.00	4.39	4.72	4.72	4.44	4.96	5.52	5.46	4.96	5.36	5.15	49.68	-38.69	
Mulan Kamoe	2.18	2.40	2.10	1.94	4.41	4.55	4.75	4.80	4.99	5.26	5.50	4.69	5.37	5.00	49.32	-40.10	
Vinda Teally															0.00		
Junior Benjamin	2.15	2.2	2.14	1.90	4.05	4.06	4.01	4.31	3.90	4.06	3.36	4.02	4.25	3.89	39.91	-61.57	

	Mar 2010 Beep Test	Feb 2011 Beep Test	Mar 2011 Beep Test
Amanda Korinihona	9.6	4.7	
Lorish Puluspene	7.3	6.3	
Lorraine Bainimataku	7.3	6.5	
Tito Bira	6.6	9.6	
Terry Lee Rush Jnr	6.6	8.6	
Diva Reddy			
Tony O'Connell		10.0	
Tarani Kamoe	8.3	8.1	
Annie Shannon	8.0	6.3	
Marcia Tere Apisah	7.1	6.1	
Chris Hargrove	10.1	11.6	
Luke Paeni	12.7	13.3	
Ruby			
Tiernan Breen			
Mulan Kamoe			
Vinda Teally			
Junior Benjamin			

Jump Height - Reach			Running in the mornings:		
Jump Height - 2 Feet	Jump Left	Jump Right	Name	4km 11 Mar 2011	
			Amanda Korinihona		
0.29	0.20	0.17	Lorish Puluspene	25.17	
0.33	0.23	0.20	Lorraine Bainimataku	25.44	
0.37	0.26	0.26	Tito Bira	20.56	
0.30	0.21	0.21	Terry Lee Rush Jnr		
0.42	0.09	0.18	Diva Reddy	19.47	
0.00	0.00	0.00	Tony O'Connell		
0.23	0.13	0.16	Annie Shannon	25.27	
0.37	0.31	0.28	Marcia Tere Apisah	23.33	
0.50	0.31	0.30	Chris Hargrove	19.23	
0.37	0.21	0.05	Luke Paeni	18.27	
0.29	0.15	0.26	Tarani Kamoe	21.52	
0.28	0.11	0.16	Ruby		
0.23	0.10	0.25	Tiernan Breen		
0.24	0.46	0.16	Mulan Kamoe		
0.00	0.00	0.00	Vinda Teally		
0.25	0.30	0.24	Junior Benjamin		