



*SOUTH AFRICAN RUGBY
UNION INDIVIDUAL DATA
CAPTURE SHEET*



Providing coaches, referees, players, and administrators with the knowledge, skills, and leadership abilities to ensure that safety and best practice principles are incorporated into all aspects of contact rugby.

NAME: _____ AGE: _____ SQUAD: _____ POSITION: _____

DETAILS	TEST 1		TEST 2		TEST 3	
ANTHROPOMETRY	Date:		Date:		Date:	
Height (cm)						
Weight (kg)						
SKINFOLDS(mm)						
Bicep						
Tricep						
Subscapula						
Suprailiac						
Abdominal						
cm up leg for thigh measurement						
Thigh						
Calf						
CIRCUMFERENCES (cm)						
Mid thigh						
Calf						
Forearm						
FLEXIBILITY	R	L	R	L	R	L
Sit & Reach (cm)						
SLR						
Illiopsoas						
Quadriceps						
POWER	Reach height	Jump height	Reach height	Jump height	Reach height	Jump height
Vertical Jump (cm)						
Standing broad jump (cm)	Trial 1	Trial 2	Trial 1	Trial 2	Trial 1	Trial 2

SPEED	Trial 1		Trial 2		Trial 1		Trial 2		Trial 1		Trial 2	
	10	40	10	40	10	40	10	40	10	40	10	40
10 & 40M speed (sec)												
AGILITY	Trial 1		Trial 2		Trial 1		Trial 2		Trial 1		Trial 2	
Illinois agility (sec)												
MUSCLE STRENGTH	Wt		Reps		Wt		Rep		Wt		Rep	
Bench Press (kg)												
Parallel Squat (kg)												
MUSCLE ENDURANCE												
Pull ups (max)												
Flexed arm hang (sec)												
Push ups (60 sec)												
Sit ups (120 sec)												
Sit ups (60 sec)												
CARDIORESPIRATORY FITNESS	Test 1				Test 2				Test 3			
Multistage shuttle run (shuttles)												
3km time trial (minutes and seconds)												
REPEAT SPRINT ABILITY												
5m shuttle run	Test 1				Test 2				Test 3			
Run1												
Run2												
Run3												
Run4												
Run5												
Run6												

COMMENTS:

