



DEVELOP SKILLS, IMPROVE CONFIDENCE, INCREASE ENJOYMENT

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TAC CUP CLUB Averages - 2013 (Prior to Pre-Season)							
		Height	Weight	20mtr	Agility	VJ (cm)	Beep
U/15 Average		178.4	68.7	3.26	9.16	54.7	11.2
Best		192	85	3.02	8.58	71	13.5
U/16 Average		183.05	74.1	3.19	9.06	55	11.8
Best		193	93	2.97	8.51	65	14.1
U/18 Average		185.7	76.2	3.08	8.91	59	12.3
Best		200	93.9	2.89	8.03	74	15.1

BEST of AFL DRAFT 'Combine' TESTING RESULTS							
		Height	Weight	20mtr	Agility	VJ (cm)	Beep
Max	Gawn	206.8					
Cameron	Symonds		104.9				
Joel	Wilkinson			2.75			
Stephen	Hill				7.77		
Dean	Towers					85	
Brad	Hill						16.1

Select Results of current AFL Players							
		Height	Weight	20mtr	Agility	VJ (cm)	Beep
Alan Toovey	Collingwood	189	89	2.94			
Brett Delidio	Richmond	188	88	2.9		68	
Dale Thomas	Collingwood	185	86	2.93		66	
Danyle Pearce	Fremantle	179	80	2.79	7.79	70	
Dion Prestia	GC Suns	175	82		8		
Dustin Martin	Richmond	187	86	2.89			
Dylan Grimes	Richmond	193	87	2.95	8.2		
Dyson Heppell	Essendon	189	90			64	14.13
Gary Rohan	Sydney	188	82	2.95			
Jack Watts	Melbourne	196	88	2.82	8.03	70	
Jarred O-Nicholls	Richmond	188	82	2.85	7.97		
John Butcher	Port Adelaide	197	89			66	
Josh Caddy	Geelong	186	82				14.7
Lewis Jetta	Sydney	181	68			69	
Luke Shuey	West Coast	183	88	2.92	8.34		14.4
Nic Natanui	West Coast	201	101			78	
Marc Murphy	Carlton	180	80		8.21		
Matthew Kreuzer	Carlton	200	101				14.2
Nathan Krakouer	ex- GC Suns	182	78	2.83			
Patrick Dangerfield	Adelaide	189	92	2.92		73	
Richard Tambling	Adelaide	179	79	2.87	8.2	66	
Sam Reid	Sydney	194	88				14.7
Scott Selwood	West Coast	186	86		8.32		14.7

Category	Tests	Comments
Fitness	Endurance	Aerobic endurance: The shuttle run (beep) test . An average score on the beep test at the AFL draft camp run is level 13.3. A very good level is 14-plus and reaching 15-plus is rare. Aerobic fitness is a very important component of fitness for AFL, with some players (depending on the playing position) running over 10 km throughout the duration of a game.
	Vertical Jump	The vertical jump test is performed to measure leg power. The test is performed from a standing position. Vertical jump ability is important for any leaping for marks, and particularly important for the rucks when contesting a bounce down.
	Speed	Sprint time over 20 meters . Acceleration is important for breaking away from the opposition player, and a good top running speed is advantageous for longer sprints such as when making a lead.
	Agility	The AFL Agility Test is a specific slalom-type agility test has been developed for AFL, which involves running in and out and around obstacles over roughly 40 meters in total. The ability to quickly change direction is very important for AFL to be able to get clear of an opponent.

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	Height	A player's height is measured. Tall players are at an advantage, though there are many successful AFL players that are not tall.



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