

2009 Canada Games Fitness Test Results April 19th, 2008

Females:			30 Sec Hold	30 Sec Hold	10 Sec	30 Sec	As long as you can	No Movement
Name	Club	DOB (M/D/Y)	Balance 2 feet	Balance 1 foot	Pylo Jump	Push Ups	Leg Raise- (m:ss:ts)	Balance 1 foot- (m.ss.ts)
Adrianna Broussard	AA	12/23/1993	30	2.95	11	43	7.58	N/A
Emily Matthews	CSSC	4/4/1992	N/A	N/A	N/A	N/A	N/A	N/A
Meagan Bernier	DCSC	7/29/1992	30	2.3	12	40	4:03.25	N/A
Sarah Bernier	DCSC	11/23/1993	30	29.25	12	36	10:15.94	N/A
Jocelyn Lemay	DCSC	6/11/1993	30	7.35	11	34	22:01.82	N/A
Sarah Taggart	DCSC	3/24/1993	30	53.13	11	37	7:26.38	N/A
Adrianna Pilgram	HTAC	9/8/1993	30	20.22	10	27	1:46.1	N/A
Amalia Tweedie	HTAC	10/18/1992	30	25.58	10	37	5:07.50	N/A
Carissa Dempsey	HTAC	9/12/1992	N/A	N/A	N/A	N/A	N/A	N/A
Jacqueline Steele	HTAC	7/8/1991	30		10	37	3:15.40	N/A
Jillian Steele	HTAC		N/A	N/A	N/A	N/A	N/A	N/A
Olivia Feschuk	HTAC	10/4/1995	30	25.78	11	31	2:58.10	N/A
Shannon Donnelly	HTAC	9/6/1990	N/A	N/A	N/A	N/A	N/A	N/A
Tavia Raiche-Marsden	HTAC	7/28/1991	N/A	N/A	N/A	N/A	N/A	N/A
Emily McCallum	HTAC	5/10/1992	30	33.74	11	31	N/A	N/A
Zoe Miles	HTAC	5/15/1991	N/A	N/A	N/A	N/A	N/A	N/A
Alexandra McDonald	SWAT	1/1/1993	N/A	N/A	N/A	N/A	N/A	N/A
Amanda Loder	SWAT	7/20/1992	30	16.37	11	31	11:56.0	N/A
Ashley Wright	SWAT	6/3/1993	30	6.56	N/A	27	2:46.0	N/A
Jennifer Curran	SWAT	4/13/1992	30	39.44	11	37	5:51.19	N/A
Sarah Shaw	SWAT	8/3/1992	N/A	N/A	N/A	N/A	N/A	N/A
Carly Langley	TCSC	1/15/1992	30	1:35.59	13	28	3:23.18	N/A
Tristan Langley	TCSC	7/25/1993	30	3.63	13	40	2:41.0	N/A
Mary Claire Lynch	WTSC	7/1/1992	30	35.19	13	30	2:47.00	N/A
Alex Irvin	WTSC	7/21/1992	N/A	N/A	N/A	N/A	N/A	N/A
Ceilidh MacPherson	WTSC	4/3/1992	30	11.53	11	36	4:03.75	N/A
Kristen MacPherson	WTSC	12/10/1993	30	31.5	11	41	4:55	N/A
Kayla Boudreau	WTSC	3/17/1994	30	7:25.15	11	43	N/A	N/A
Nicole Campbell	WTSC	1/18/1994	30	54.97	11	27	3:07.16	N/A

Min			30	2.3	10	27	1:46	
Max			30	07:25.2	13	43	22:01.82	
Average			30	46.79	11.26	34.65		
December Testing			30	25.34	8.53	34.25	4:02.15	
Difference		same		up 21.45	up 2.73	up 0.4		

Males:			<i>30 Sec Hold</i>	<i>30 Sec Hold</i>	<i>10 Sec</i>	<i>30 Sec</i>	<i>As long as you can</i>	<i>No Movement</i>
Name	Club	DOB (M/D/Y)	<i>Balance 2 feet</i>	<i>Balance 1 foot</i>	<i>Pylo Jump</i>	<i>Push Ups</i>	<i>Leg Raise- (m:ss:ts)</i>	<i>Balance 1 foot- (m.ss.ts)</i>
Neil Pereira	AA	4/13/1992	N/A	N/A	N/A	N/A	N/A	N/A
Philip Sears	AA	6/16/1992	N/A	N/A	N/A	N/A	N/A	N/A
Conor Gillespie-Friesen	DCSC	10/1/1994	30	11.2	13	59	4:16.22	N/A
Kyle Watson	DCSC	4/18/1993	30	13.9	13	33	4:47.57	N/A
Mohammed El-Dah	DCSC	4/14/1994	29	16.9	11	25	1:04.40	N/A
Will Meredith	DCSC	11/25/1993	N/A	N/A	N/A	N/A	N/A	N/A
Matt Piggott	DCSC	9/19/1990	30	1:48.0	13	42	2:54.50	N/A
Brad Piggott	DCSC	9/19/1990	30	13.98	10	42	3:07.00	N/A
Brett Sonnichsen	DCSC	7/21/1994	30	10.7	14	44	2:24.50	N/A
Derek Sonnichsen	DCSC	5/12/1991	30	12.95	14	45	5:11.1	N/A
Bryan Bell	HTAC	1/11/1994	30	32.97	12	39	2:37.70	N/A
Aodon Somers	HTAC	5/13/1993	30	39.90	12	N/A	5:39.90	N/A
David Sharpe	HTAC	10/29/1990	30	30.50	12	32	8:15.00	N/A
Dylan Hill	HTAC	5/11/1993	30	33.30	11	27	3:20.00	N/A
Jo Jo Ur	HTAC	8/2/1991	N/A	N/A	N/A	N/A	N/A	N/A
Jordan Fisk	HTAC	5/22/1990	30	29.2	14	34	6:19.25	N/A
Nik Taylor	HTAC	11/13/1993	30	6.9	9	N/A	3:40.30	N/A
Taylor Lawson	HTAC	7/5/1992	30	20.7	11	15	2:30.36	N/A
Teddy Donnelly	HTAC	5/6/1993	N/A	N/A	N/A	N/A	N/A	N/A
Brian Laureijs	SBSC	6/8/1993	30	14.4	11	44	7:14.80	N/A
Matthew Currie	SWAT	11/5/1993	30	2:16.50	11	36	2:21.30	N/A
Zachary Hilchey	SWAT	5/25/1993	30	8.19	11	40	5:16.00	N/A
Ryan Laustsen	SWAT	8/11/1990	30	1:24.80	12	53	3:32.00	N/A
Tommy Miller	SWAT	5/21/1993	30	20.7	9	36	4:18.00	N/A
Danial Murphy	SWAT	6/23/1989	30	7.63	10	19	3:06.85	N/A
Angus Gibson	TCSC	12/9/1992	30	42.9	11	27	4:08.78	N/A
Colby Gogan	TCSC	7/26/1992	30	30.3	11	29	2:53.80	N/A
Colin Vibert	WTSC	12/19/1993	30	18.08	11	36	4:58.50	N/A
Luc Boudreau	WTSC	2/1/1992	30	1:07.80	11	33	6:08.00	N/A
Pete Porskamp	WTSC	6/21/1991	30	30.0	13	42	12:17.00	N/A
Min			29	7.63	9	15	01:04.4	
Max			30	02:16.5	14	59	12:17.00	
Average			30	34.89	11.6	34.69		
December Testing			30	28.5	8.72	35.46	4:12:40	
Difference			same	up 6.39	up 2.88	down 0.77		