ATHLETE/ TEAM NAME: _____

AGE(S): _____

BASKETBALL

	Score (Successful shots) /30
Layups (5 ea. Side)	/10
Free throws	/10
3 pointers (anywhere)	/10

SWIMMING

2 Events: Distance Swim & 50 Yard Sprint

	Time (min:sec)
200 Yards (Age 7-12)	
400 meters (Age 13-17)	
1,000 meters (Age 18+)	
50 Yard Sprint	

TRACK & FIELD

3 Events: Distance Run, Shuttle Sprint, Long Jump

5K (Age 7+)	Time:
10K (Age 18+)	Time:
Shuttle Run (All ages)	Laps:
Standing Long Jump (All ages)	Distance: ft

ROWING

Only 1 Athlete/ team needs to complete

Athlete 1	Time
Athlete 2	Time

ATHLETE/ TEAM NAME: _____

AGE(S): _____

PING PONG

Matches	Win	Lost
Game #1		
Game #2		

WEIGHTLIFTING

Athlete 1 Weight		Athlete 2 Weight	
	Weight Lifted		Time (min:sec)
Bench (Age 12+): 1 rep		Wall Sit (Age 7-11)	
Squat (Age 12+): 5 reps		Plank (Age 7-11)	

CYCLING

Class Date	Instructor Signature

VOLLEYBALL

	Score (Successful serves) /20
Overhand Serve	/10
Underhand Serve	/10

BOXING (BOXING TAG)

Matches	Win	Lost
Game #1		
Game #2		