

SPARQ BOYS' BASKETBALL PERFORMANCE GUIDE

HOW DO YOU RATE?

WANT TO KNOW HOW YOU MEASURE UP?

The SPARQ Rating is a powerful tool for measuring overall athleticism. For basketball, the results of six simple tests are summarized in a single score, showing you exactly where you stand and where you can improve your performance through training.

WHAT YOU CAN MEASURE, YOU CAN IMPROVE.

The SPARQ Rating identifies your greatest opportunities for improvement. SPARQ Training provides athletes with drills, programs, and other information needed to get better, faster, and to work smarter toward your training goals.

% COURT SPRINT (SEC)	VERTICAL JUMP (IN)	PEAK POWER (WATTS)	LANE AGILITY (SEC)	MAX TOUCH (FT - IN)	KNEELING POWER BALL TOSS (FT - IN)	MULTI-STAGE HURDLE (JUMPS)	BASKETBALL SPARQ RATING	% ile RANKING	CATEGORY
3.06	34.5	7300	10.50	11 - 10	36 - 7	93	104.06	99.9th	TOP TEN PERCENT
3.14	33.6	7000	10.74	11 - 7	36 - 0	91	92.40	99.0th	
3.18	32.8	6870	10.91	11 - 6	35 - 2	88	86.00	98th	
3.26	30.9	6560	11.18	11 - 4	33 - 8	86	80.10	95th	
3.34	29.0	6320	11.55	11 - 1	32 - 0	83	73.30	90th	
3.39	28.1	6040	11.75	10 - 11.5	31 - 0	81	67.90	85th	ABOVE AVERAGE
3.41	27.4	5850	11.90	10 - 10	30 - 4	80	65.20	80th	
3.44	26.9	5720	12.02	10 - 8	29 - 7	79	62.20	75th	
3.48	26.2	5620	12.13	10 - 6	29 - 0	78	58.50	70th	
3.52	25.8	5550	12.27	10 - 5	28 - 8	77	55.20	65th	
3.55	25.3	5420	12.37	10 - 3.5	28 - 0	76	52.30	60th	AVERAGE TO BELOW AVERAGE
3.58	24.9	5300	12.53	10 - 2.5	27 - 5	75	50.30	55th	
3.63	24.4	5180	12.68	10 - 2	27 - 0	74	46.10	50th	
3.72	23.6	4970	12.96	10 - 0.5	25 - 10	72	42.70	40th	
3.80	22.6	4700	13.20	09 - 10	24 - 11	69	37.10	30th	
3.88	21.3	4380	13.60	09 - 7.5	23 - 5	66	30.10	20th	AVERAGE TO BELOW AVERAGE
4.03	20.0	4000	14.00	09 - 4	21 - 8	60	24.00	10th	

AVERAGE TO BELOW AVERAGE:

12.00 - 46.10

ABOVE AVERAGE:

46.11 - 73.29

TOP TEN PERCENT:

73.30 - 104.06

SPARQBASKETBALL

FOR MORE ON SPARQ RATINGS GO TO SPARQTRAINING.COM

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