

# SPARQ GIRLS' 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)	LANE AGILITY (SEC)	MAX TOUCH (FT - IN)	KNEELING POWER BALL TOSS (FT - IN)	MULTI-STAGE HURDLE (JUMPS)	BASKETBALL SPARQ RATING	% ile RANKING	CATEGORY
3.50	27.5	11.30	10 - 8.5	35 - 0	88	<b>100.01</b>	99.9th	<b>TOP TEN PERCENT</b>
3.55	26.3	11.60	10 - 6	32 - 0	85	<b>98.50</b>	99.0th	
3.58	25.7	11.90	10 - 4	30 - 7	83	<b>92.90</b>	98th	
3.64	24.5	12.25	10 - 0	28 - 8	80	<b>87.00</b>	95th	
3.71	23.0	12.50	09- 8	27 - 4	78	<b>78.30</b>	90th	
3.78	21.8	12.80	09- 5	26 - 0	76	<b>73.10</b>	85th	<b>ABOVE AVERAGE</b>
3.86	21.3	13.10	09- 3	25 - 1	74	<b>65.90</b>	80th	
3.91	20.4	13.30	09- 2	24 - 5	73	<b>62.75</b>	75th	
3.96	20.0	13.50	09- 0.5	23 - 8	72	<b>57.60</b>	70th	
4.01	19.6	13.76	09- 0	23 - 1	70	<b>53.00</b>	65th	
4.05	19.1	13.90	08- 11	22 - 8	69	<b>50.65</b>	60th	<b>AVERAGE TO BELOW AVERAGE</b>
4.08	18.7	14.04	08- 10	22 - 1	67	<b>48.20</b>	55th	
4.11	18.1	14.20	08- 9	21 - 7	65	<b>47.20</b>	50th	
4.18	17.5	14.63	08- 7.5	20 - 10	62	<b>42.60</b>	40th	
4.25	17.0	14.89	08- 6.5	19 - 10	58	<b>38.55</b>	30th	
4.35	16.0	15.21	08- 5	18 - 2	54	<b>31.90</b>	20th	
4.49	15.0	15.66	08- 2	16 - 10	48	<b>26.00</b>	10th	

**AVERAGE TO BELOW AVERAGE:**

**11.90 - 47.20**

**ABOVE AVERAGE:**

**47.21 - 73.10**

**TOP TEN PERCENT:**

**73.11 - 100.01**

SPARQ BASKETBALL

FOR MORE ON SPARQ RATINGS GO TO [SPARQTRAINING.COM](http://SPARQTRAINING.COM)