

Athlete Assessment

Athlete Information

Name Dave Hunt		Gender M	Event 400m	PB 49.8 sec (2007)
Age 18	Developmental age (if U21) 18		Training age 6 yrs	LTAD stage T2C
Time you have coached the athlete 6 yrs		Training session/week 6	Other sports/interests Tennis & swimming	
Athlete's objectives for this season Improve his 400m time from 49.8s to 48.5s in order to compete in the National Championships (June 2008) and the English Schools Championships (Aug 2008)				
School/work hours School – 6th Form		Support (family, friends, teachers) Support from whole family and PE Teachers at his school		

Strengths and Weaknesses

Component	Ideal	Current		
Endurance	Vo2max >65 ml/kg/min	62		
Speed	100m < 11 seconds	10.8		
Anaerobic Endurance	RAST Max Power 676-1054	946		
	Min Power 319-674,	400		
	Fatigue Index <10	12		
Strength (1RM)	Bench press 1.25 x body weight	1.1		
	Leg press 2.5 x body weight	1.9		
	Squat 2 x body weight	1.6		
	Leg Curl 80% Leg Extension	85%		
Strength Elastic	Sergeant Jump Test >80cm	75		
Core Stability	Complete Core Stability Test	Completed full test		
Muscle Balance Right and left limb 1RM scores should not differ by more than 10%.		Left	Right	%
	Hamstrings (leg extension)	75	85	>10
	Quadriceps (leg curl)	60	70	>10
	Arm Curl	17	18	<10
	One arm military press	18	20	<10
	Single leg press	70	75	<10
Body Composition	Body Fat <11%	14%		
	BMI 18.5 to 24.9	20.1		
Psychology	Score <15 on SCAT	18		

Key: **Areas of potential weakness**