

USA Gymnastics
Individual TOP Athlete Profile
2003, 11 Year Old Regional Testing Results

Athlete Name: Henry, Kate
Club: All Olympians Gymnastics Center **State:** CA
Birthdate: 1/23/1992 **Date of Test:** 6/8/2003

Test	Kate	National Average	National Best	Points Per Test (0-10)
Flexibility				
Shoulder Flexibility	45	35.10	45.00	10
Right Leg Split	0	2.84	0.00	10
Left Leg Split	0	2.88	0.00	10
Leg Split Average				10
Strength and Power				
Leg Lifts	22	16.87	25.00	8.5
Pull Ups	20	14.87	20.00	10
Vertical Jump	18.75	18.16	24.50	6
Press Handstand	2	4.14	10.00	2
Push Ups	58	43.15	65.00	8.5
20 Meter Sprint	3.30000000 00000003*	3.26	2.70	5
Rope Climb	7.77000000 00000005*	12.14**	5.61	9
Flexibility, Strength & Power Subtotal			85.00	69

Totals

Physical Abilities	69
Skills Adjusted	na
Total Score	69

* = disregard the additional decimal palces
 ** = of those athletes that climbed to the 12 foot mark on the rope.

2003 Regional TOP Level: National TOP Testing Qualifier