

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

**Athlete Name:** Nguyen, Jennifer  
**Club:** All Olympians Gymnastics Center      **State:** CA  
**Birthdate:** 6/14/1992      **Date of Test:** 7/13/2003

Test	Jennifer	National Average	National Best	Points Per Test (0-10)
<b>Flexibility</b>				
Shoulder Flexibility	35	35.10	45.00	6
Right Leg Split	0	2.84	0.00	10
Left Leg Split	0.5	2.88	0.00	10
Leg Split Average				10
<b>Strength and Power</b>				
Leg Lifts	20	16.87	25.00	7.5
Pull Ups	20	14.87	20.00	10
Vertical Jump	23.75	18.16	24.50	10
Press Handstand	9	4.14	10.00	9
Push Ups	36	43.15	65.00	4
20 Meter Sprint	2.93999999 99999999*	3.26	2.70	10
Rope Climb	8.83000000 00000001*	12.14**	5.61	8
<b>Flexibility, Strength &amp; Power Subtotal</b>			85.00	74.5

**Totals**

<b>Physical Abilities</b>	74.5
<b>Skills Adjusted</b>	na
<b>Total Score</b>	74.5

\* = 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**