CONDITIONING EVALUATION FORM

	Evaluation Date:								Τ.		
PLAYER NAME			STRENGTH						SPEED	ENDURANCE	AGILIT
	Wt	Year	Bench	Ratio	Squat	Ratio	Hang Clean	Ratio	40 yd Dash	300 Shuttle	Pro Agili
			ļ								
	-		<u> </u>								
											
	-		-						-		
	-		-						-		
	 		 								
			 								