

HP Quarterly Eval

This was our first Fitness Eval creating a benchmark. If you do not like your scores and think you can do better, put in the hard work between evals by following the weekly fitness homework and signing up for in person lessons. First and foremost to improve all of these scores the legs and core need to get stronger and more stable. We play how we practice so make sure when working out to give 100% effort and it will show itself on the court.

		Plank Time	Box Jumps/min	Split Squats/min	Pushups/min	Spider Run
Level 5		min.sec.tenths				
	Dario Ristovski	0.53.14	23	84	26	18.91
	Ben Lee	1.23.35	16	82	35	18.66
	Beau Oaksmith	1.17.95	24	78	41	16.43
	Silas Healy	1.32.26	25	84	43	16.52
	Luca Davis	1.48.30	DNC	90	17	17.31
	Jack Scott	0.56.83	20	77	24	18.18
	Kate Parsons	1.48.83	21	80	33	18.15
	Amber Edwards	1.04.33	18	87	34	17.84
	Aiyana Abbott	0.47.67	21	73	25	18.06
	Niko Davis	1.13.15	22	92	21	17
	Vikram Balaji	1.58.70	21	82	37	17.08
	Josh Davydov	0.53.69	25	88	43	17.08
	Tyler Wurzer	2.05.52	26	90	42	16.13
	Jackson Wurzer	1.36.00	25	95	37	16.2
		Plank Time	Box Jumps/min	Split Squats/min	Pushups/min	Spider Run
Level 4		min.sec.tenths				sec.tenths
	Eli Podell	3.06.55	24	93	49	18.2
	Morgan Ball	1.31.25	17	59	28	16.64
	Eric Li	1.45.20	24	71	43	17.02
	Simone Thomas	0.58.46	18	61	20	19.47
	Steven Anderson	1.05.16	24	59	24	20.25
	Nalu Akiona	1.39.98	21	65	27	18.26
	Paxton Au	1.10.20	15	63	28	18.66
	Rahul Sundaresan	1.08.83	26	65	24	17.33
	Sho Ichikawa	1.58.04	30	89	25	17.34
	Nikolas Ioannou	1.42.53	28	84	42	17.48
	Lorenzo Neri	1.12.63	20	69	20	16.99
	Lach Dickinson	1.20.29	21	79	35	18.66
		Plank Time	Box Jumps/min	Split Squats/min	Pushups/min	Spider Run
Level 3		min.sec.tenths				sec.tenths
	Katie Loughran	0.35.21	14	67	15	19.48
	Galia Harmelin	DNC	DNC	63	18	DNC
	Maja Gowans	0.58.00	27	75	23	19.46
	Addie Streidl	0.49.72	23	76	18	18.71
	Sorren Ghorai	3.24.89	17	59	20	18.55
	Gabi Davydov	0.47.52	17	41	21	20.2
	Mia Askovich	2.38.93	21	61	29	18.67
	Ben Oswald	1.15.50	23	38	20	18.27
	Cooper Na	1.05.83	21	52	19	19.07
	Cooper Gordon	0.48.41	21	55	29	18.19
	Raffi Whaley	1.56.52	23	59	29	18.4
	Lillian Stukovsky	2.44.41	24	72	36	20.15
	Addison Smith	1.47.97	24	71	35	17.35
	Xander Gordon	1.40.55	29	76	35	16.43
	Zachary Overeay	0.51.51	20	71	28	18.35