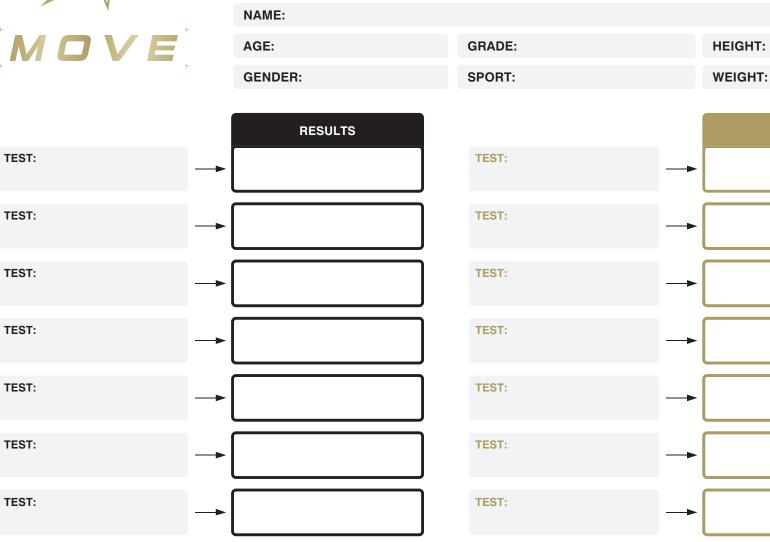
ATHLETE RECORDING SHEET



PRE TESTING

TO BE COMPLETED PRIOR TO START OF PROGRAM

POST TESTING

RESULTS

TO BE COMPLETED END OF PROGRAM