

GIRLS...TEST YOUR ATHLETIC ABILITY

Compare it with what your friends can do

EVENT	1st Try	1 Mo. Later	2 Mos. Later	*Coach's Estimate
1 50 yd. Dash				
2 Running the bases				
3 Batting, soft ball				
4 Baseball throw and catch..				
5 Baseball throw				
6 Kicking soccer ball				
7 Throwing soccer ball				
8 Hop, step and jump.....				
9 Standing broad jump				
10 Rope climb				
11 Tennis serve				
12 Ball bouncing				
13 Jump stick				
14 Jump rope				
15 Basketball throw for goal..				

* Ask your coach what you should do.