

LEWIS F.A.S.T. CAMP

FOOTWORK AGILITY SPEED TRAINING
"A FASTER WAY TO YOUR FUTURE"

INDIVIDUAL PROFILE SHEET

NAME _____

HEIGHT _____ WEIGHT _____

POSITION _____

1ST CYCLE TIMES

40 YD DASH _____

20 YD SPILT _____

SHUTTLE RUN _____

2ND CYCLE TIMES (3 WEEK TEST)

40 YD DASH _____

20 YD SPLIT _____

SHUTTLE RUN _____

3RD CYCLE TIMES (6WEEK TEST)

40 YD DASH _____

20 YD SPLIT _____

SHUTTLE RUN _____