



# SportAnalytik

Finds the right sport for your child

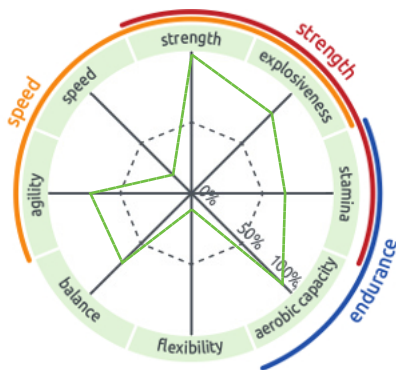
## Talent Report YOUR CHILD

age: 8 years | place: Sample Event | date: 04-19-2017

Discipline	Performance	Skill	Evaluation (% of children of the same age your child exceeded in given skill)
1. High jump	25 cm	explosiveness	79 %
2. Forward bend	12 cm	flexibility	12 %
3. 1/2 mile run	3 min 30 s	aerobic capacity	90 %
4. Reduced sit-ups	26 repet.	stamina	66 %
5. 30 m sprint	8 s	speed	18 %
6. One-leg standing	15 s	balance	68 %
7. Shuttle run	16 s	agility	71 %
8. Basketball throw	5 m	power	98 %

### Individual evaluation

— your child's results  
- - - average peer results of the same age and gender



### Motion type analysis

#### Dominant motion type

## Strength type

#### Additional skills results

+ Balance level  
+ Flexibility level



### Training tips

#### Speed: Relay games and races

Children like all the types of races and relays. It is possible to let children run, but it is also possible to include some skill exercises (roll, turn, jump) or to race in various positions (running on all fours, running backwards, etc.). The actual race should be just a few seconds long (up to 10 s).

#### Flexibility: Stretching

Flexibility of muscles and joints reduces the risk of injuries. Stretching before and after physical activity is great way to increase flexibility. Examples of exercises include forward bend with straight legs and touching toes - the same while sitting or holding one's hand at the back.

We bring children joy of sports and help them build a life-long love for motion by helping them choose the right athletic activity



We are currently looking for partners that share our vision and want to help us bring joy to every child by discovering his or her sports talent