

Pre/Post Test

Goalball Throw

PRE Camp SEC _____

Description: _____

POST Camp SEC _____

Description: _____

Kicking

PRE camp _____ ft. _____ Inch

POST camp _____ ft. _____ Inch

Comments: _____

Stand Long Jump

PRE camp _____ Inch

POSTcamp _____ Inch

Overhand Throw

PRE camp _____ Ft. _____ Inch

POSTcamp _____ Ft. _____ Inch

Underhand Throw

PREcamp _____ Ft. _____ Inch

POSTcamp _____ Ft. _____ Inch