

Player Testing

Players within the FQ Academy will take part in physiological testing sessions at the FQ Academy State Carnival.

Players will have their biological maturation assessed alongside physical testing to ensure that a well-rounded picture is recorded of players' athletic ability.

Data recorded is used to build a picture of a player's development as a football player and no single testing outcome is used for selection purposes on its own.

Players can expect data to be reported to them in reference to best practice and the performance of their cohort.

Schedule

PHYSICAL TESTING - WEDNESDAY 03/04/2024			
TIME	Bio Banding	20m Sprint	Countermovement Jump
12:00 PM	FQ Wide Bay FQ Wide Bay & Northern	U15 Boys U16 Boys	
12:30 PM		FQ Wide Bay FQ Wide Bay & Northern	U15 Boys U16 Boys
1:00 PM	FQ Northern FQ Far North & Gulf FQ Wide Bay FQ Northern & FNG FQ Central Coast FQ Northern & FNG FQ Whitsunday Coast & FNG	U14/U15 Girls + U16/U17 Girls U16/U17 Girls U14/U15 Girls U14 Boys U14 Boys U15 Boys U16 Boys	FQ Wide Bay FQ Wide Bay & Northern
1:30 PM		FQ Northern FQ Far North & Gulf FQ Wide Bay FQ Northern & FNG FQ Central Coast FQ Northern & FNG FQ Whitsunday Coast & FNG	U14/U15 Girls + U16/U17 Girls U16/U17 Girls U14/U15 Girls U14 Boys U14 Boys U15 Boys U16 Boys
2:00 PM	FQ Whitsunday Coast		FQ Northern FQ Far North & Gulf FQ Wide Bay FQ Northern & FNG FQ Central Coast FQ Northern & FNG FQ Whitsunday Coast & FNG
2:30 PM		FQ Whitsunday Coast	U14/U15 Girls + U16/U17 Girls U16/U17 Girls U14/U15 Girls U14 Boys U14 Boys U15 Boys U16 Boys
3:00 PM	FQ Central Coast FQ Whitsunday Coast FQ Wide Bay	U15 Boys U14 Boys U14 Boys	FQ Whitsunday Coast
3:30 PM		FQ Central Coast FQ Whitsunday Coast FQ Wide Bay	U15 Boys U14 Boys U14 Boys
4:00 PM	FQ Central Coast FQ Far North & Gulf FQ Whitsunday Coast	U14/U15 Girls U14/U15 Girls U14/U15 Girls	FQ Central Coast FQ Whitsunday Coast FQ Wide Bay
4:30 PM		FQ Central Coast FQ Far North & Gulf FQ Whitsunday Coast	U14/U15 Girls U14/U15 Girls U14/U15 Girls
5:00 PM			FQ Central Coast FQ Far North & Gulf FQ Whitsunday Coast

Venue Map

