

Why do level testing? Levels of performance helps athletes know where they are and what areas they need to work on. If you want to be well rounded level testing can help you achieve just that.

## Level 2

All healthy athletes can aspire to achieve this level of fitness. In this level basic movements are perfected and advanced skills are introduced. This level may take anywhere from six months to several years to achieve. As you are working towards level 2 you will develop and improve in all 10 of the fitness domains **Cardiovascular and Respiratory endurance, Stamina, Strength, Flexibility, Power, Speed, Coordination, Agility, Balance, and Accuracy**

I would like to have a printable scorecard link here

The Test for the Level 2 athlete consists of Strength, Various Skills, Metabolic Conditioning (work capacity) knowledge and responsibility.