



**SPORTS
SCIENCE
INSTITUTE OF
SOUTH AFRICA**

CLUB HIGH PERFORMANCE PROGRAM

**WP RUGBY REFEREES SOCIETY
GROUP REPORT**

NOVEMBER 2010



GROUP REPORT
WP REFEREE SOCIETY

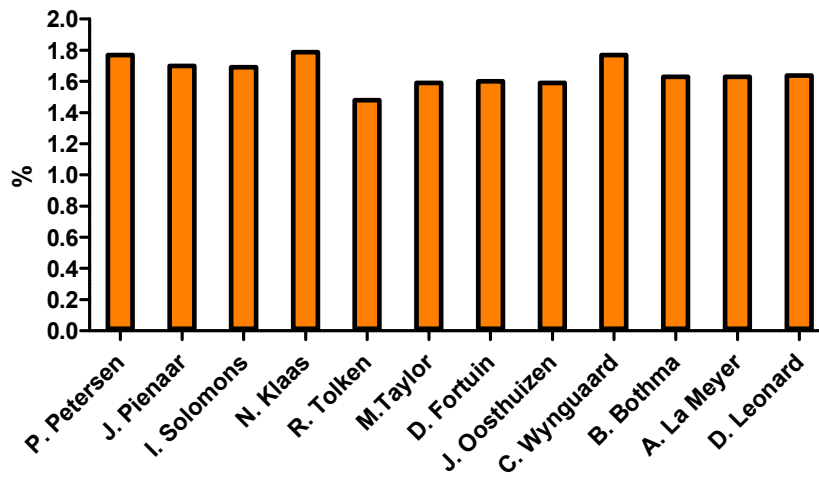
WP rugby referees society was given the opportunity to come in for testing on 15 November. The referees can download a conditioning program that has been drawn up and developed by the High Performance Center at SSISA especially for referees on the Boksmart website at www.boksmart.co.za

NAME	Speed		Bleep
	10m	40m	Score
P. Petersen	1.77	5.65	49
J. Pienaar	1.70	5.51	82
I. Solomons	1.69	5.52	82
N. Klaas	1.79	6.30	102
R. Tolken	1.48	5.01	80
M. Taylor	1.59	5.10	82
D. Fortuin	1.60	5.23	109
J. Oosthuizen	1.59	5.12	84
C. Wynguaard	1.77	5.78	59
B. Bothma	1.63	5.18	85
A. La Meyer	1.63	5.15	80
D. Leonard	1.64	5.35	69
AVERAGE	1.66	5.41	80

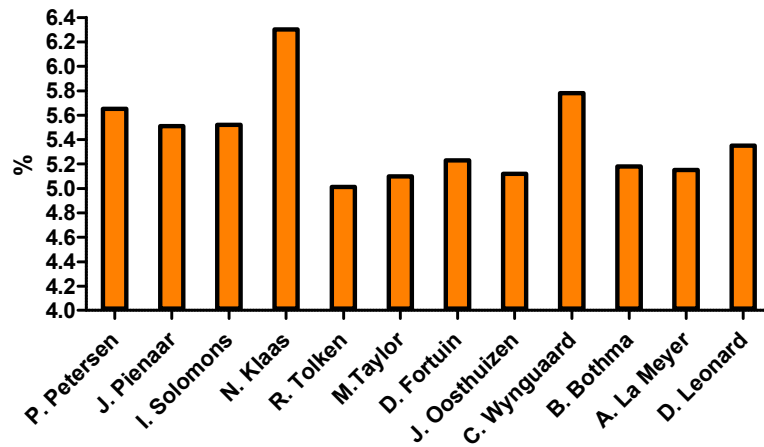
Pictures during testing



Speed 10m



Speed 40m



Bleep

