HOOFSTUK 6

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**BYLAAG A**

**DATAKAART: SENIOR NETBALSPELERS**

<table>
<thead>
<tr>
<th>ALGEMENE INLIGTING</th>
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<tbody>
<tr>
<td>Naam</td>
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<tr>
<td>Van</td>
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<td>Posadres</td>
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<td>Poskode</td>
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<tr>
<td>Geboortedatum (jjjj-mm-dd)</td>
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<tr>
<td>Toetsdatum: (jjjj-mm-dd)</td>
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<tr>
<td>Ouderdom (slegs twee getalle)</td>
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<tr>
<td>Speel Posisie</td>
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<tr>
<td>Beste Prestasie in Netbal</td>
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<table>
<thead>
<tr>
<th>KINANTROPOMETRIESE TOETSE</th>
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<tbody>
<tr>
<td>Liggaamsmassa (kg)</td>
<td>.</td>
</tr>
<tr>
<td>Liggaamslengte (cm)</td>
<td>.</td>
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<tr>
<td>Triseps (mm)</td>
<td>.</td>
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<tr>
<td>Subskapulêr (mm)</td>
<td>.</td>
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<tr>
<td>Supraspinaal (mm)</td>
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<tr>
<td>Abdominaal (mm)</td>
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<td>Frontale Dy (mm)</td>
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<tr>
<td>Mediale kuit (mm)</td>
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<th>FISIEKE TOETSE</th>
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<tbody>
<tr>
<td>SOEPELHEID</td>
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<tr>
<td>Gemodifiseerde sit-en-reik (cm)</td>
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<tr>
<td>AEROBIESE KAPASITEIT</td>
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<tr>
<td>Multi vlak toets (vlak:kategorie)</td>
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<tr>
<td><strong>ABDOMINALE KRAG</strong></td>
<td></td>
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<td>---------------------</td>
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<td>7-vlak opsittoets (vlakke)</td>
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<table>
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<tr>
<th><strong>ABSOLUTE KRAG</strong></th>
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</thead>
<tbody>
<tr>
<td>Platborsstoot (‘bench press”) (kg)</td>
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<tr>
<td>Hurksit (“squat”) (kg)</td>
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<table>
<thead>
<tr>
<th><strong>BOLYFKRAG-UITHOUVERMOE</strong></th>
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<td>Opstote (reps)</td>
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<tr>
<th><strong>MOTORIESE TOETSE</strong></th>
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<th><strong>RATSHIEID</strong></th>
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<td>Links (sek)</td>
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<tr>
<th><strong>SPOED</strong></th>
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<th><strong>EKSPLOSIEWE KRAG</strong></th>
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<tbody>
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<td>Seargent sprong (cm)</td>
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