



Baseball Canada Lab

Players' name: _____ Date of birth : ____|____|_____

Test	Measurement	Result
General (measuring tape + scale)		
Height	Feet and inches	
Weight	Pounds	
Arm span	Cm	
Sitting Height	Cm	
Flexibility	Cm	
Tandem test- balance	Success or Fail	
Speed (stop watch)		
15-30-15	Time	
30 foot run	Time	
900 foot run	Time	
30 second Hurdle Test	Number of repetitions	
Feet Wall Test – 15 seconds	Number of repetitions	
Soccer Test – 30 seconds	Number of repetitions	
Alternate hand wall toss test- 30 sec	Number of repetitions	
Quadrant jump test – 10 sec	Number of repetitions	
Baseball specific (measuring tape + tape)		
Standing Long Jump	Distance	
Morgan's Test – 30 seconds	Number of throws	