



SPARQ BASKETBALL RATINGS EXPLAINED

SPARQ TESTS

ONE-STEP VERTICAL JUMP

Measures explosiveness, and is also a great indicator of speed.

20-METER DASH

Measures linear speed and basic running mechanics.

30-SECOND EN- DURANCE JUMP

Focuses on agility and endurance.

OVERHEAD POWER BALL THROW

Measures core strength and power.

AGILITY CONE DRILL

Focuses on agility, measuring the athlete's body control, lateral speed and ability to change directions.

How Do You Rate?

The SPARQ Basketball Rating tests raw athleticism, pure and simple. Players in the NBA and NCAA possess-and continuously refine-specific types of Speed, Power, Agility, Reaction, and Quickness. These tests measure them.

Using Your SPARQ Rating

Winning on the court springs from a number of tangible and intangible factors. Your SPARQ Basketball Rating measures the tangibles of explosiveness, power, and speed. You and your coaches can use it to track progress, exploit strengths, and improve weaknesses.

However, basketball demands more. Intangible factors such as work ethic, desire, and skill play a role. Though not measured directly by your SPARQ Rating, they are key in determining who wins and who loses.

SPARQ Ratings for Different Positions

The SPARQ Rating allows you and your coaches and trainers to compare your scores to other players at your position. Use it as motivation to catch teammates, or better yet, extend your lead!

It's also a yardstick for how your SPARQ training program is improving your abilities in the five key elements of dynamic athletic performance: Speed, Power, Agility, Reaction, and Quickness.

Behind the SPARQ Rating

The SPARQ Basketball Rating tests were developed with Vern Gambetta, Master SPARQ Trainer and pioneer in the field of dynamic athletic training, and Tim Grover, strength and conditioning coach for many NBA players, including Michael Jordan.

Their years of testing and collecting data on hundreds of elite athletes led SPARQ to select these tests as the best way to measure the athleticism needed to succeed in basketball.