



NELSON MANDELA BAY SCHOOLS WATER POLO

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NMBSWP U13 BOYS 6-8 TESTING REPORT – 24 May 2026

Attendance: 20 out of 21 squad members

During the recent U13 Boys testing sessions, a comprehensive physical assessment was conducted to evaluate the squad's current athletic profile and identify key developmental areas ahead of the upcoming season. The testing focused on swimming endurance and speed, aerobic conditioning, lower body strength and endurance, explosive power, throwing velocity, and water polo-specific movement efficiency through selected components of the internationally recognized 6–8 Water Polo testing system.

The testing results showed particularly positive performances in explosive lower body power, sprint swimming, and water movement efficiency. The average Vertical Jump score exceeded the expected benchmark standard, which is an excellent indicator of leg power and athletic explosiveness. These qualities are extremely important in water polo.

The swimming assessments produced mixed results across the group. The squad showed good sprint capability over the shorter distances, particularly in the 50m and 100m swim tests, with several players performing above the expected benchmark standards. However, the 400m swim results highlighted inconsistencies in aerobic endurance and pacing. While some athletes demonstrated excellent swimming efficiency and conditioning, others struggled to maintain speed over longer distances. This suggests that aerobic conditioning and cardiovascular endurance remain key areas for continued improvement moving forward.

The Beep Test results further reinforced the need for additional aerobic conditioning work. Although the squad average exceeded the minimum benchmark standard, many players only marginally surpassed the target level. This indicates that the group would benefit from improved recovery capacity and repeat sprint endurance. In water polo, these qualities are essential for maintaining intensity during transitions, defensive recoveries, counter attacks, and sustained gameplay over four chukkas.

The upper body power assessments also revealed varying levels of physical development throughout the squad. The Radar Test, which measures shooting velocity in mph, produced generally positive results, indicating good throwing mechanics and coordination across the group. The Medicine Ball Test, however, showed that several players still require further development in core strength and lower body endurance. These physical qualities are important for improving shooting power, passing strength and physicality in contact situations.

The goalkeepers additionally completed selected 6–8 Water Polo Goalie tests, which are internationally used assessments designed specifically to evaluate water polo movement efficiency, explosive speed, reaction ability, and game-specific conditioning. The testing included the 25m Breaststroke Sprint, the 8 Touch and 4 corner tests.

The 8 Touch Test measures repeat explosive effort, reaction speed, conditioning under fatigue, and overall movement efficiency in the water. This test closely simulates the repeated high-intensity efforts experienced during match situations. The group average was within the expected benchmark range, which is a positive

sign for the goalkeeper's movement efficiency and repeat effort capability. The results from the goalkeeper testing were encouraging and demonstrated positive athletic qualities within the position group.

Based on the findings from the testing process, the primary developmental focus areas moving forward will include aerobic conditioning, strength endurance, core stability, rotational power, and upper body force production. Players are strongly encouraged to continue participating in regular swimming sessions to further improve endurance, stroke efficiency, and overall conditioning.

Additional focus should also be placed on:

- Leg strength and endurance
- Hip mobility and stability
- Core strength
- Shoulder stability
- Rotational power
- Repeat sprint conditioning

Consistent dryland conditioning and swimming throughout the winter phase will play an important role in improving overall athletic performance and reducing injury risk.

Players will be retested later in the season in order to monitor progress, track physical development, and evaluate improvements in overall athletic performance.

Overall, the U13 Boys squad demonstrates strong athletic potential and a positive foundation for long-term development. The testing process revealed good explosive qualities, promising movement efficiency, and encouraging technical ability throughout the group. With continued consistency, commitment, and support from players, coaches, and parents, the squad is well positioned to make significant physical and performance improvements throughout the remainder of the season.

Regards,

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TESTING

RANKINGS	Athlete Name		Swim Tests			Beep Test	Lunge Test	6-8 Players Test			6-8 Goalie Test		
			400m	100m	50m	7m	20 Touch	Radar	Vertical Jump	Medicine Ball	25m Breaststroke	4 Corner	8 Touch
	u13 Boys		06:50	01:30	<38s	L2	<55s	>22	>40	>20s	<30s	<9s	<20s
	Levi	Peters (GK)	08:21	01:50	50		50		48	20	27	8	19
	James	White (GK)	06:17	01:17	36		44		52	18	23	8	17
	Cody	Strydom	07:40	01:38	44	1.7	Injured	26	41	Injured			
1	Rogan	Barratt	06:24	01:20	35	2.7	41	30	52	22			
2	David	Castelyn	06:25	01:22	38	2.6	50	30	53	31			
3	Jordan	Heath	05:14	01:05	29	4.2	45	25	50	6			
4	Aiden	Van der Veen	06:04	01:15	35	2.5	52	22	46	10			
5	David-John	Stow	06:20	01:21	37	2.1	53	31	50	13			
6	Harrison	McLoughlin	06:25	01:24	38	2.1	59	26	47	26			
7	Matthew	Lokotsch	06:04	01:19	35	3.2	58	25	45	6			
8	Connor	Louw	06:20	01:22	37	2.7	55	27	45	16			
9	Keegan	Shapiro	06:38	01:23	38	1.9	48	24	48	6			
10	Jack	Lokotsch	06:14	01:19	36	3.1	56	27	46	8			
11	Jeff	Larter	07:26	01:38	44	2.1	49	29	49	17			
12	Jonty	Wilmot	06:50	01:27	41	2.1	59	30	45	20			
13	Jake	Smith	07:38	01:39	45	2.1	61	27	46	10			
14	Gabriel	Delgado	07:12	01:31	41	1.9	51	31	54	32			
15	Judah	Du Toit	07:00	01:28	42	2.2	59	26	42	12			
16	Zach	Townsend	07:27	01:32	41	1.5	53	27	46	4			
17	Tye	Diedericks	08:30	01:53	50	1.3	65	25	43	8			
	Zak	Shabudin	Absent										
	Average		06:50	01:27	40s	2.3	50s	27	48	15s	23s	8s	18s

KEY	
Blue	Norm
Yellow	Below Norm
Red	Absent



68 GAMEDESK

Players									
Ranking	Name	+/-	SHOTS	GOALS	ASSISTS	EXCLUSIONS	EARNED EXCLUSIONS	STEALS	FIELD BLOCKS
1	Matthew Lokotech	+8.45	7	4	2	1	3	1	0
2	Rogan Barrat	+8.10	9	7	3	1	0	0	0
3	David Casetlyn	+4.10	5	3	2	1	0	0	0
4	Jack Lokotsch	+3.20	3	1	0	0	1	2	0
5	Connor Louw	+2.75	2	2	0	1	0	1	1
6	Jordan Heath	+1.90	2	1	1	0	0	0	0
7	Keegan Shapiro	+1.65	4	1	0	0	0	1	0
8	Gabriel Delgado	+0.85	4	3	0	4	0	1	0
9	Aidan Van Der Veen	+0.65	0	0	0	0	0	1	0
10	David-John Stow	0.00	1	0	0	0	0	0	0
11	Harrison McLoughlin	0.00	1	0	0	0	0	0	0
12	Cody Strydom	0.00	1	0	0	0	0	0	0
13	Judah Du Toit	-0.05	1	0	0	1	0	1	0
14	Zach Townsend	-0.05	0	0	0	1	0	1	0
15	Jeff Larter	-0.40	5	1	0	2	0	0	0
16	Jonty Wilmot	-0.70	0	0	0	1	0	0	0
17	Jake Smith	-0.70	0	0	0	1	0	0	0
18	Tye Diedericks	-1.45	0	0	0	3	0	1	0

Goalies					
Ranking	Names	+/-	Saves	Assists	Steals
1	James White	+8.80	11	0	0
2	Levi Peters	+4.80	6	0	0

TOP PLAYERS

Game Desk	Testing
Matthew Lokotsch	Rogan Barratt
Rogan Barrat	David Castelyn
David Casetlyn	Jordan Heath
Jack Lokotsch	Aiden Van der Veen
Connor Louw	David-John Stow
Jordan Heath	Harrison McLoughlin
Keegan Shapiro	Matthew Lokotsch
Gabriel Delgado	Connor Louw
Aidan Van Der Veen	Keegan Shapiro
David-John Stow	Jack Lokotsch
Harrison McLoughlin	Jeff Larter
Cody Strydom	Jonty Wilmot
Judah Du Toit	Jake Smith
Zach Townsend	Gabriel Delgado

68 GAMEDESK EXPLAINED

At the recent NMB trials, many of you would have seen a score next to your name on the 6-8 Game Desk system, often shown as a +/- or PI score. It is important to understand what this number actually means – and what it does not mean.

The 6-8 Game Desk is an AI-supported digital scoring and statistics platform used in water polo. During matches, it records live game actions such as goals, assists, steals, exclusions, turnovers, defensive efforts, and overall team performance while players are in the water.

One of the statistics it generates is called the Performance Indicator (PI) or +/- score.

What does the +/- score mean?

The score is designed to estimate a player's overall impact on the game while they are in the pool.

A positive score (for example +6.8) suggests that your team generally performed better while you were in play than when you were off the bench. A negative score suggests the opposite.

The system looks at both attacking and defensive contributions, including:

- Goals scored
- Assists
- Steals
- Defensive actions
- Turnovers
- Team scoring differential while you are playing

In simple terms, the system attempts to measure how much influence a player has on the success of the team during a game.

For more information on the platforms go to:

<https://6-8sports.com/>