



NELSON MANDELA BAY SCHOOLS WATER POLO

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NMBSWP U13 GIRLS 6-8 TESTING REPORT – 17 May 2026

Attendance: 25 out of 30 squad members

During the recent U13 Girls 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, shooting velocity, and water polo-specific movement efficiency through selected components of the internationally recognized 6–8 Water Polo testing system.

Overall, the U13 Girls squad demonstrated strong potential and encouraging athletic development for this stage of their progression. The testing process revealed positive movement ability, good swimming fundamentals, and promising explosive qualities throughout the group. At the same time, the results also highlighted several important developmental areas that will become key focus points moving forward, particularly aerobic conditioning and lower body endurance.

The swimming assessments produced mixed results throughout the squad. A significant portion of the group fell below the benchmark standards in the 50m, 100m and 400m swim and sprint assessments, suggesting that swimming endurance, pacing, and sustained swimming efficiency remain important areas requiring continued development.

The Beep Test results were generally encouraging, with the overall squad average exceeding the benchmark standard. This suggests that the group possesses a reasonable aerobic base for this age category. However, there was still considerable variation between athletes, with some players demonstrating significantly stronger conditioning levels than others. Continued focus on cardiovascular endurance and repeat sprint conditioning will remain important, as these qualities directly influence recovery ability, work rate, and sustained intensity during match play.

The Lunge Test results highlighted lower body endurance and stability as one of the key developmental areas within the squad. While several athletes performed well within the benchmark standards, a number of players struggled to maintain the required levels of muscular endurance and stability under fatigue. Lower body endurance is critically important in water polo, as it directly affects:

- Eggbeater efficiency
- Movement control
- Overall endurance during gameplay

The Radar Test evaluated shooting velocity and produced mixed results across the group. While some athletes demonstrated strong shooting mechanics and rotational force production, several players fell below the benchmark standard. Shooting velocity is heavily influenced by rotational strength, core stability, upper body coordination, and technical shooting mechanics. Continued development in these areas will help improve offensive effectiveness and overall technical performance in the water.

The Vertical Jump assessment was one of the strongest overall areas for the squad. The group average exceeded the benchmark standard, indicating positive lower body explosiveness and athletic potential

throughout the group. Explosive leg power is an extremely important physical quality in water polo and contributes directly to:

- Vertical elevation
- Body position
- Shot blocking
- Defensive reach

The Medicine Ball Hold assessment highlighted one of the major developmental areas within the group. The assessment is specifically designed to evaluate lower body endurance, sustained eggbeater strength, postural control, and water-based stability.

While a few athletes performed strongly within this assessment, many players fell below the benchmark standard, indicating that sustained leg endurance and water-based postural strength remain important areas requiring improvement. Developing these qualities will directly improve:

- Defensive body position
- Shooting balance
- Vertical control
- Overall movement efficiency during gameplay

The goalkeepers additionally completed specialized 6–8 testing components, including the 25m Breaststroke Sprint, 4 Corner Test, and 8 Touch Test.

The 25m Breaststroke Sprint evaluates leg propulsion, hip mobility, coordination, and overall water movement efficiency. This movement pattern closely replicates the eggbeater and driving movements used during competitive gameplay and provides valuable insight into lower body movement quality in the water.

The 4 Corner Test is a goalkeeper-specific assessment designed to evaluate:

- Lateral movement speed
- Reaction ability
- Explosive directional changes
- Goal movement efficiency
- Recovery speed

The goalkeeper group produced positive results overall in these assessments, demonstrating encouraging movement efficiency and reaction-based movement patterns.

The 8 Touch Test evaluates repeat explosive effort, reaction speed, conditioning under fatigue, and movement efficiency. This assessment closely simulates repeated high-intensity match situations and provides valuable insight into explosive repeatability and overall conditioning capacity.

Several players were absent during the testing process and will be assessed during future testing opportunities where possible.

Based on the findings from the testing process, the primary developmental focus areas moving forward will include:

- Aerobic conditioning and cardiovascular endurance
- Swimming endurance and pacing
- Lower body endurance and eggbeater stamina

- Water-based postural strength
- Core stability
- Hip mobility and stability
- Rotational power
- Shooting mechanics and shooting power

Players are strongly encouraged to continue participating in regular swimming sessions outside of water polo training to improve endurance, swimming efficiency, recovery ability, and overall conditioning.

Consistent dryland conditioning, swimming exposure, and structured water-based leg conditioning throughout the winter phase will play a significant role in improving athletic performance, movement efficiency, and long-term physical development moving forward.

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

Overall, the U13 Girls squad demonstrates strong long-term potential and a positive athletic foundation moving forward. The testing process revealed encouraging explosive qualities, positive movement ability, and promising technical potential throughout the group. With continued commitment, consistency, and support from players, coaches, and parents, the squad is well positioned to continue progressing throughout the remainder of the season.

Regards,

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TESTING

RANKING			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
	Athlete Name												
	u13 Girls		7:00	01:30	40s	L1.3	<55s	>23	>40	>12s	<30s	<9s	<20s
	Gianna	Hattingh (GK)	07:14	01:49	44		48		45*	9	25	8	16
	Lily	Bailes (GK)	05:28	01:11	31		48		45*	17	20	7	16
DNF	Ava	Bradfield	DNF	01:54	50	1.6	INJURED						
1	Sophia	Duggan	05:46	01:26	37	4.7	49	24	46	36			
1	Hannah	Stearn	06:22	01:25	37	2.6	51	24	45	18			
1	Racquelle	Saporta	06:21	01:24	37	2.1	51	24	42	17			
1	Haley	Pieterse	05:13	01:08	31	5.1	42	27	55	26			
5	Emily	Froy	06:41	01:30	41	2.5	44	28	48	13			
5	Yamakhuze	Loni	06:16	01:21	36	3.5	51	20	49	18			
7	Emma	Chorley	07:08	01:33	39	2.4	51	25	44	22			
7	Bela	Davis-Taylor	05:53	01:18	34	3.7	56	23	43	6			
7	Rebecca	Joubert	05:41	01:17	37	3.2	58	21	47	24			
7	Jana	Serdyn	05:22	01:23	36	3.3	48	19	38	10			
11	Hayden	Kreusch	07:22	01:40	35	2.1	54	23	46	7			
11	Allison	Gilfillan	08:14	01:47	49	2.1	55	25	44	14			
11	Rachel	Thompson	06:58	01:33	43	2.1	56	24	41	19			
11	Courtney	Killian	05:40	01:37	38	2.1	59	19	43	12			
11	Rebecca	Wynne-Jones	07:11	01:34	42	2.1	51	25	45	13			
11	Riley	Mackenzie	07:38	01:38	46	2.1	55	24	46	27			
17	Ella	Cape	07:23	01:36	34	2.1	60	26	45	7			
17	Olivia	de Wet	07:06	01:40	41	2.3	51	22	47	23			
17	Leah	Nell	DNF	01:38	46	2.1	55	24	44	7			
19	Leah	Stewart	06:05	02:09	67	1.6	66	20	41	6			
19	Onalenna	Setokoe	06:42	01:43	55	2.1	57	21	41	4			
21	Amila	Faltein	08:13	01:38	46	2.1	60	22	43	8			

KEY	
Blue	Norm
Yellow	Below Norm
Red	Absent



68 GAMEDESK

PLAYERS									
RANKING	Name	+/-	SHOTS	GOALS	ASSISTS	EXCLUSIONS	EARNED EXCLUSIONS	STEALS	FIELD BLOCKS
1	Haley Pieterse	13.30	11	11	1	1	0	2	1
2	Sophia Duggan	12.10	6	5	3	0	2	4	0
3	Yamakhuze Loni	11.65	10	7	3	0	1	3	0
4	Riley Mackenzie	5.30	0	0	3	0	1	4	0
5	Rebecca Joubert	4.25	1	1	0	0	0	5	0
6	Bela Davis-Taylor	4.20	2	2	2	0	0	2	0
7	Rebecca Wynne-Jones	3.15	2	1	1	1	0	3	0
8	Racquelle Saporta	3.10	1	1	0	0	0	2	1
9	Hannah Stearn	2.20	0	0	1	0	1	2	0
10	Leah Nell	2.00	2	2	0	0	0	0	0
11	Emily Froy	1.45	0	0	0	0	0	1	1
12	Olivia De Wet	1.00	1	1	0	0	1	0	0
13	Emma Chorley	0.90	0	0	0	0	1	0	0
14	Jana Serdyn	0.85	0	0	1	0	0	1	0
15	Hayden Kreusch	0.65	0	0	0	0	0	1	0
16	Ella Cape	0.65	1	0	0	0	0	1	0
17	Allison Gilfillan	0.30	1	1	0	1	0	0	0
18	Courtney Killian	0.15	0	0	2	2	0	1	0
19	Kaylee May	0.0	0	0	0	0	0	0	0
20	Leah Stewart	0.00	1	0	0	0	0	0	0
21	Onalenna Setokoe	0.0	0	0	0	0	0	0	0
22	Rachel Thompson	-0.05	0	0	0	1	0	1	0

GOALIES					
RANKINGS	Name	+/-	SAVES	ASSISTS	STEALS
1	Lily Bailes	7.85	9	0	1
2	Gianna Hattingh	5.60	7	0	1

TOP PLAYERS

Game Desk	Testing
Haley Pieterse	Sophia Duggan
Sophia Duggan	Hannah Stearn
Yamakhuze Loni	Racquelle Saporta
Riley Mackenzie	Haley Pieterse
Rebecca Joubert	Emily Froy
Bela Davis-Taylor	Yamakhuze Loni
Rebecca Wynne-Jones	Emma Chorley
Racquelle Saporta	Bela Davis-Taylor
Hannah Stearn	Rebecca Joubert
Leah Nell	Jana Serdyn
Emily Froy	Hayden Kreusch
Olivia De Wet	Allison Gilfillan
Emma Chorley	Rachel Thompson
	Courtney Killian
	Rebecca Wynne-Jones
	Riley Mackenzie

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/>