



NELSON MANDELA BAY SCHOOLS WATER POLO

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NMBSWP U14 BOYS 6-8 TESTING REPORT – 24 May 2026

Attendance: 22 out of 26 squad members

During the recent U14 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.

Overall, the U14 Boys squad produced a very strong set of results across most testing categories. The group demonstrated particularly positive performances in swimming speed, aerobic conditioning, explosive lower body power, and throwing velocity.

The swimming assessments were one of the strongest areas for the group overall. A large percentage of players performed above the benchmark standards in both the 50m and 100m swim tests, indicating strong sprint swimming capability and efficient swimming mechanics. The squad average for the 50m sprint was below the target benchmark, which reflects very positive sprint speed throughout the group. The 400m swim results also showed generally good aerobic swimming endurance, although a smaller number of athletes still require improvement in pacing and longer-duration conditioning.

The Beep Test results were another positive area for the squad. The overall group average exceeded the benchmark standard, suggesting that the majority of players possess a solid aerobic base and improved repeat-effort conditioning. In water polo, this is extremely important for maintaining intensity during defensive transitions, counter attacks, repeated sprint efforts, and sustained gameplay across all four quarters. While the overall conditioning profile of the group is encouraging, several players would still benefit from continued aerobic development and improved recovery under fatigue.

The Lunge Test results demonstrated generally strong lower body endurance and stability throughout the squad. This is an important quality in water polo, as leg strength and endurance directly impact body position, defensive pressure, and movement efficiency in the water. Most athletes performed within or above the expected benchmark range, although a few players showed signs of reduced muscular endurance and stability under fatigue.

The Radar Test and Medicine Ball assessments evaluated shooting velocity, lower body endurance rotational strength, core stability, and upper body explosive power. The squad produced strong Radar Test results overall, indicating good shooting mechanics and rotational force production across the group. However, the Medicine Ball results showed greater variation between athletes, suggesting that lower body power and core strength remain areas requiring further development for some players.

The goalkeepers additionally completed selected 6–8 Water Polo tests, which are internationally recognized assessments specifically designed 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 for goalkeepers.

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. The goalkeepers performed particularly well in this testing component, indicating strong leg-driven movement efficiency and good technical water movement patterns.

The 8 Touch and 4 corner tests measures repeat explosive effort, reaction speed, recovery ability, and conditioning under fatigue. This test simulates the repeated high-intensity movements experienced during match situations and provides valuable insight into overall movement efficiency and explosive repeatability. The goalkeeper group produced very positive results in this assessment.

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

- Continued aerobic conditioning
- Upper body strength and power development
- Core stability
- Rotational power
- Leg endurance
- Hip mobility and stability
- Repeat sprint conditioning

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

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

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 U14 Boys squad demonstrates a strong athletic profile and encouraging physical potential moving forward. The testing results revealed good conditioning levels, strong explosive qualities, positive swimming capability, and promising movement efficiency 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	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
	u14 Boys		06:50	01:30	38s	L2	<55	>22	>42	>20s	<30	<9	<20
	Michael	Elliott (GK)	06:26	01:27	39		38		59	24	22	6.20	14
	Ralph	Jansen van Rensburg (GK)	07:31	01:42	53		35		56	11	26	5.87	13
1	Evan	Holster	06:01	01:13	34	2.5	42	31	50	31			
1	Josh	Parker	06:15	01:20	38	3.2	41	34	51	34			
1	Murray-John	Boonzaier	05:54	01:16	33	3.7	42	31	54	30			
1	Axl	Jorgensen	05:44	01:11	34	3.6	42	30	52	29			
1	Murray	Abendanon	06:36	01:27	38	2.2	42	27	48	25			
6	Alex	Le Roux	06:25	01:22	36	2.5	40	29	54	13			
6	Hiram	Robertson	05:35	01:16	36	3.4	49	29	48	13			
6	Ryan	Magson	06:16	01:22	36	2.5	48	33	51	16			
6	Thomas	Everts	06:25	01:23	37	2.8	45	30	50	15			
6	Callum	Davis-Taylor	05:41	01:12	33	3.1	47	30	48	6			
6	Ithiel	Harry	06:35	01:20	36	2.3	43	35	49	12			
6	Jack	Van Der Hoven	06:37	01:22	37	2.3	40	26	50	12			
6	Jude	Theunissen	05:25	01:06	32	2.2	47	27	48	17			
6	Mark	Rosser	05:22	01:09	32	3.3	37	28	48	16			
6	Soren	Hohenberger	05:50	01:14	34	2.6	43	34	47	13			
6	Cameron	Riley	06:05	01:13	34	2.2	43	34	51	16			
6	James-Quinn (JQ)	Bailey	06:36	01:23	40	2.3	40	30	49	27			
18	Kaden	van Wyk	07:42	01:59	55	2.1	46	29	52	21			
19	Caydon	Minnie	07:07	01:37	40	1.6	64	23	40	2			
20	Joshua	Paxton	DNF	01:42	44	1.6	63	27	40	12			
	Zack	Knoetze	INJURED										
	Levi	Oakes	INJURED										
	Elliot	Campbell	INJURED										
	Jordan	Meiring	INJURED										
	AVERAGE		06:59	01:27	37.41	2.6	44.30	29.85	50	17.96	24	6.04	13.15

KEY	
Blue	Norm
Yellow	Below Norm
Red	Absent



68 GAMEDESK

Players									
Ranking	Name	+/-	SHOTS	GOALS	ASSISTS	EXCLUSIONS	EARNED EXCLUSIONS	STEALS	FIELD BLOCKS
1	Soren Hohenberger	+5.80	5	4	0	1	1	0	2
2	Axl Jorgensen	+5.55	4	4	0	0	1	1	0
3	Evan Holster	+3.90	2	2	0	1	0	4	0
4	Ryan Magson	+3.80	4	2	0	0	2	0	0
5	Ithiel Harry	+3.00	2	1	3	1	0	0	0
6	Callum Davis-Taylor	+2.10	2	0	0	0	0	2	1
7	Murray Abendanon	+1.90	3	1	1	0	0	0	0
8	Josh Parker	+1.40	3	1	2	2	0	0	0
9	Murray-John Boonzaier	+1.05	8	1	0	2	0	1	1
10	Mark Rosser	+1.00	1	1	0	0	0	0	0
11	Jack Van Der Hoven	+1.00	2	1	0	0	0	0	0
12	Hiram Robertson	+0.90	1	0	1	0	0	0	0
13	Joshua Paxton	+0.65	1	0	0	0	0	1	0
14	Thomas Everts	+0.50	3	1	1	2	0	0	0
15	Kaden Van Wyk	0.00	1	0	0	0	0	0	0
16	Jude Theunissen	0.00	1	0	0	0	0	0	0
17	James-Quinn Bailey	-0.40	2	1	0	2	0	0	0
18	Alex Le Roux	-0.70	4	0	0	1	0	0	0
19	Cameron Riley	-0.75	1	0	0	2	0	1	0
20	Caydon Minnie	-0.90	2	0	0	0	0	0	0

Goalies					
Rankings	Name	+/-	Saves	Steals	Assist
1	Ralph Jansen Van Rensburg	+10.25	12	1	0
1	Michael Elliott	+6.40	8	0	0

TOP PLAYERS

Game Desk	Testing
Soren Hohenberger	Evan Holster
Axl Jorgensen	Josh Parker
Evan Holster	Murray-John Boonzaier
Ryan Magson	Axl Jorgensen
Ithiel Harry	Murray Abendanon
Callum Davis-Taylor	Alex Le Roux
Murray Abendanon	Hiram Robertson
Josh Parker	Ryan Magson
Murray-John Boonzaier	Thomas Everts
Mark Rosser	Callum Davis-Taylor
Jack Van Der Hoven	Ithiel Harry
Hiram Robertson	Jack Van Der Hoven
Joshua Paxton	Jude Theunissen
	Mark Rosser
	Soren Hohenberger
	Cameron Riley
	James-Quinn (JQ) Bailey

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/>