



NELSON MANDELA BAY SCHOOLS WATER POLO

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NMBSWP U14 GIRLS 6-8 TESTING REPORT – 17 May 2026

Attendance: 37 out of 39 squad members

During the recent U14 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 U14 Girls squad demonstrated encouraging athletic potential and a positive physical foundation for this stage of development. The group produced particularly strong results in explosive lower body power, swimming capability, and movement efficiency in the water. At the same time, the testing process highlighted several important developmental areas, particularly aerobic conditioning, sustained lower body endurance, and shooting power consistency.

The swimming assessments produced mixed results throughout the squad. A minimal number of athletes demonstrated strong sprint swimming capability and good technical efficiency over the 50m and 100m distances. However, majority of the athletes fell below the benchmark standards in the swim tests, indicating that aerobic endurance and sustained swimming efficiency remain key areas requiring continued improvement.

The Beep Test results were generally positive overall, with the squad average exceeding the benchmark standard. This indicates that the group possesses a reasonable aerobic base and improving cardiovascular conditioning. However, there was still significant variation between athletes, with some players demonstrating much stronger repeat-effort capacity and recovery ability than others. Continued aerobic conditioning and repeat sprint work will remain important moving forward, as these qualities directly influence work rate, recovery ability, and sustained match intensity.

The Lunge Test results highlighted lower body endurance and stability as one of the primary developmental areas within the squad. While several athletes performed within or close to the benchmark standard, many players struggled to maintain muscular endurance and stability under fatigue. Lower body endurance is one of the most important physical qualities in water polo and directly impacts:

- Eggbeater efficiency
- Overall movement control in the water

The Radar Test evaluated shooting velocity and produced varied results throughout the group. Several athletes demonstrated strong shooting mechanics, good rotational coordination, and positive force production. However, many players fell below the benchmark standard, indicating that rotational strength, upper body explosiveness, and technical shooting efficiency remain important areas for continued development. Improving shooting velocity will contribute directly to offensive effectiveness and overall confidence in gameplay situations.

The Vertical Jump assessment was one of the strongest overall components of the testing battery for the squad. The group average exceeded the benchmark standard, with many athletes demonstrating strong explosive lower body power and athletic potential. Explosive leg strength contributes significantly to:

- Vertical elevation
- Defensive blocking
- Body position
- Explosive movement
- Overall athletic performance in the water

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

While a few athletes produced strong performances in this assessment, a large portion of the group fell below the benchmark standard. This indicates that sustained leg endurance and water-based stability remain important focus areas moving forward. Improving these qualities will directly enhance:

- Vertical body position
- Lower body endurance
- 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 water movement efficiency. This movement pattern closely replicates the leg-driven 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
- Explosive directional changes
- Reaction ability
- Goal movement efficiency
- Recovery speed

The goalkeeper group produced encouraging results within these assessments, but there is room for improvement so that they can perform.

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

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
- Core stability
- Hip mobility and stability

- Shooting mechanics and shooting power consistency

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 major 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 U14 Girls squad demonstrates strong athletic potential and encouraging long-term development qualities moving forward. The testing process revealed positive explosive ability, good movement efficiency, promising swimming capability, and encouraging 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 Breastroke	4 Corner	8 Touch
	Athlete Name												
	u14 Girls		06:40	01:22	38s	L1.5	<50s	>25	>45	>25s	<25s	<8.5s	<20s
	Chloé	Cullen (GK)	06:00	01:46	49		47		48	27	26	8	16
	Omphile	Khalatha (GK)	07:40	01:34	42		53		46	3	23	11	21
	Ayabulela	Zilwa (GK)	07:40	01:50	48		57		47	6	26	9	19
1	Mataiah	Smith	05:47	01:16	34	3.1	38	33	54	31			
1	Vera	Collocott	06:24	01:22	37	2.3	45	28	47	32			
1	Hayley	Holmes	05:53	01:14	35	4.3	47	26	52	27			
4	Francesca	Cowan	05:34	01:22	38	3.1	46	23	46	28			
4	Ava	Diessner	05:54	01:13	34	2.3	40	22	49	59			
4	Addison	Shaw	05:12	01:16	35	2.4	41	27	49	33			
4	Emma	Hunter	06:08	01:18	37	3.4	46	24	51	28			
8	Zoë	Sinclair	05:45	01:32	42	2.1	45	26	54	45			
8	Jade	Sansom	05:46	01:25	29	1.8	50	28	47	8			
8	Pippa	Wolmarans	06:31	01:21	37	2.5	48	21	48	10			
11	Jemma	Windsor	06:40	01:28	40	2.3	44	27	48	15			
11	Shalea	Hamilton	05:10	01:08	32	5.2	52	23	46	9			
11	Erin	Burrell	06:35	01:28	39	3.3	47	25	48	37			
11	Holly	Wilson	06:56	01:32	42	2.3	48	28	48	28			
11	Rosalie	Holderness	05:56	01:34	41	2.6	49	28	48	24			
16	Ella	Myburgh	06:39	01:25	40	2.3	46	25	43	15			
16	Gabriela	Govender	06:27	01:23	39	3.1	53	26	42	23			
16	Kaitlyn	Hall	06:46	01:26	41	2.7	48	17	45	25			
16	Lily-Grace	Anderson	06:47	01:27	39	2.3	47	25	51	21			
16	Abigail	Vadas	07:06	01:35	42	2.1	42	27	54	13			
16	Tana	Courage	07:14	01:39	46	2.1	48	25	45	22			
16	Jessica	Simpson	06:30	01:24	40	2.2	46	22	49	30			
16	Georgie	Kennedy	06:35	01:27	42	2.4	47	20	45	20			
16	Abigail	Dyer	07:03	01:28	40	2.1	49	25	47	7			
25	Julia	Varrie	06:51	01:27	41	3.4	50	18	46	23			
25	Emma	Darke	06:55	01:33	42	2.3	44	22	45	14			
25	Liminati	Tukela	06:47	01:25	40	2.3	51	30	52	16			
25	Olivia	Brothers	07:08	01:41	47	2.1	51	28	50	21			
25	Jessica	Scott	06:57	01:38	43	3.4	45	20	47	17			
25	Tara	Elliott	06:51	01:30	39	2.3	50	24	50	34			
31	Nina	Hewitt	06:54	01:24	43	2.2	53	23	45	13			
31	Lily	Mao-Cheia	07:26	01:38	45	2.3	51	24	48	12			
31	Imitha	Xolo	06:59	01:30	39	2.1	50	21	48	14			
34	Semihle	Ntengu	08:51	01:59	53	1.4	54	23	47	7			
	Stephanie	Rees	ABSENT										
	Emma	Muirhead	INJURED										
	AVERAGE		07:40	01:25	40	2.5	48	25	48	22	25	9	19

KEY	
Blue	Norm
Yellow	Below Norm
Red	Absent



68 GAMEDESK

PLAYERS									
RANKING	Name	+/-	SHOTS	GOALS	ASSISTS	EXCLUSIONS	EARNED EXCLUSIONS	STEALS	FIELD BLOCKS
1	Hayley Holmes	8.70	3	1	2	0	1	4	3
2	Ava Diessner	4.80	8	5	1	2	0	2	1
3	Lily-Grace Anderson	4.00	4	1	1	0	0	2	1
4	Tara Elliot	3.95	4	2	0	0	0	3	0
5	Nina Hewitt	3.85	2	1	1	0	0	3	0
6	Emma Darke	3.80	3	2	2	0	0	0	0
7	Lily Moa-Cheia	3.55	4	2	0	0	1	1	0
8	Emma Hunter	3.45	4	2	0	0	0	1	1
9	Mataiah Smith	3.35	2	1	0	0	1	1	1
10	Zoe Sinclair	3.15	0	0	0	0	1	1	2
11	Liminati Tukela	2.90	3	2	0	0	1	0	0
12	Jade Sansom	2.85	5	2	1	1	0	1	0
13	Olivia Brothers	2.85	1	0	0	0	1	3	0
14	Shalea Hamilton	2.35	0	0	0	0	1	1	1
15	Pippa Wolmarans	2.25	0	0	0	0	0	1	2
16	Jessica Simpson	2.00	4	2	0	0	0	0	0
17	Jessica Scott	1.80	2	1	0	0	0	0	1
18	Addison Shaw	1.60	2	1	0	1	0	2	0
19	Holly Wilson	1.60	3	0	0	0	0	0	2
20	Imitha Xolo	1.55	0	0	0	1	0	1	2
21	Georgie Kennedy	1.30	1	0	0	0	0	2	0
22	Francesca Cowan	0.90	3	1	1	2	0	2	0
23	Semihle Ntengu	0.90	0	0	1	0	0	0	0
24	Tana Courage	0.65	2	0	0	0	0	1	0
25	Kaitlyn Hall	0.0	0	0	0	0	0	0	0
26	Vera Collocott	0.0	0	0	0	0	0	0	0
27	Ella Myburgh	-0.70	0	0	0	1	0	0	0
28	Gabrialla Govender	-0.70	2	0	0	1	0	0	0
29	Erin Burrell	-1.90	0	0	0	2	0	2	0
30	Julia Varrie	-2.80	0	0	0	3	0	0	0

GOALIES					
RANKINGS	Name	+/-	SAVES	ASSISTS	STEALS
1	Chloe Cullen	0.65	4	0	1
2	Omphile Khalatha	0.25	2	0	0

TOP PLAYERS

GAME DESK	TESTING
Hayley Holmes	Mataiah Smith
Ava Diessner	Vera Collocott
Lily-Grace Anderson	Hayley Holmes
Tara Elliot	Francesca Cowan
Nina Hewitt	Ava Diessner
Emma Darke	Addison Shaw
Lily Moa-Cheia	Emma Hunter
Emma Hunter	Zoë Sinclair
Mataiah Smith	Jade Sansom
Zoe Sinclair	Pippa Wolmarans
Liminati Tukela	Jemma Windsor
Jade Sansom	Shalea Hamilton
Olivia Brothers	Erin Burrell
	Holly Wilson
	Rosalie Holderness

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/>