



NELSON MANDELA BAY SCHOOLS WATER POLO

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NMBSWP U15 BOYS 6-8 TESTING REPORT – 24 May 2026

Attendance: 20 out of 22 squad members

During the recent U15 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 U15 Boys squad produced strong results across several testing categories and demonstrated a solid physical foundation for this stage of development. The group showed particularly positive performances in explosive lower body power, swimming speed, throwing velocity, and water polo-specific movement efficiency. The Vertical Jump results were especially encouraging, with the squad average exceeding the benchmark standard, indicating strong lower body explosiveness and leg drive throughout the group. These qualities are extremely important in water polo, contributing directly to elevation, defensive pressure, body position, and shooting ability.

The swimming assessments produced mixed results across the squad. A number of athletes performed very well in the sprint swimming tests, particularly over the 50m and 100m distances, which reflects strong swimming mechanics and sprint capability. However, several players fell below the benchmark standards in the longer swim tests, particularly the 400m swim, indicating that aerobic endurance and sustained swimming efficiency remain important areas for improvement. In water polo, these qualities are critical for maintaining intensity during transitions, defensive recoveries, counter attacks, and repeated efforts throughout matches.

The Beep Test results highlighted aerobic conditioning as one of the primary developmental areas within the squad. While some athletes produced positive endurance results, the overall squad average fell below the target benchmark level. This suggests that many players still require improvement in cardiovascular fitness, repeat sprint conditioning, and recovery under fatigue. Improving aerobic capacity will play a major role in enhancing overall match intensity, work rate, and recovery between high-effort phases of play.

The Lunge Test results demonstrated generally good lower body endurance and stability throughout the squad. Most players performed within the benchmark standards, which is encouraging considering the importance of leg endurance in water polo. Strong lower body endurance contributes directly to body position, eggbeater efficiency, stability in contact situations, and sustained elevation throughout gameplay.

The Radar Test, which evaluates shooting velocity and rotational power, produced positive results overall. The majority of players met or exceeded the benchmark standards, indicating good shooting mechanics, coordination, and rotational force production throughout the group. These are important physical qualities for shooting power, passing strength, and overall technical performance in the water.

The Medicine Ball Hold assessment revealed one of the more significant developmental areas within the squad. This test is designed specifically to assess lower body endurance, eggbeater strength, postural control, and sustained leg-driven stability in the water.

A large portion of the squad fell below the benchmark standard in this assessment. This suggests that lower body endurance and sustained eggbeater efficiency remain key focus areas moving forward.

The goalkeepers additionally completed selected 6–8 Water Polo tests, which are internationally recognized assessments designed to evaluate water polo-specific movement efficiency, explosive speed, reaction ability, and game conditioning. The goalkeeper group completed the 25m Breaststroke Sprint, 4 Corner and 8 Touch Test.

The 25m Breaststroke Sprint evaluates leg propulsion, hip mobility, coordination, and 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
- Explosive directional changes
- Reaction ability
- Goal movement efficiency
- Recovery speed

This test closely simulates the movement patterns and reaction demands experienced by goalkeepers during match situations. The goalkeepers performed well in this assessment, demonstrating positive movement efficiency and strong reaction-based movement patterns.

The 8 and 20 Touch Test measures repeat explosive effort, conditioning under fatigue, reaction speed, and movement efficiency. This assessment simulates the repeated high-intensity efforts experienced during gameplay and provides valuable insight into overall conditioning and explosive repeatability.

Several players were unable to complete testing due to injury, while two players were absent during the testing process. Player welfare and long-term development remain a priority, and these athletes will continue to be monitored appropriately before returning to full training and testing participation.

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

- Aerobic conditioning and cardiovascular endurance
- Repeat sprint conditioning
- Eggbeater endurance and lower body stamina
- Core stability
- Rotational strength
- Hip mobility and stability
- Water-based postural strength
- Upper body strength and power development

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

Consistent dryland conditioning, swimming exposure, and water-based leg conditioning throughout the winter phase will play a major role in improving athletic performance, movement efficiency, and injury resilience 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 U15 Boys squad demonstrates strong athletic potential and a promising physical foundation moving forward. The testing process revealed positive explosive qualities, good throwing ability, encouraging movement efficiency, and strong long-term potential throughout the group. With continued commitment, consistency, 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

RANKING	Athlete Name		Swim Tests			Beep Test	Lunge Test	6-8 Players Test			6-8 Goalie Test		
			400m	100m	50m	10m	20 Touch	Radar	Vertical Jump	Medicine Ball	25m Breaststroke	4 Corner	8 Touch
	u15 Boys		06:30	01:25	37	L1.8	<45	>28	>50	>35	<22	<7.5	<15
	VanZyl	Huisamen (GK)	Injured				36		59	21	20	5	12
	Johannes	Potgieter (GK)	07:08	01:38	42		38		54	17	18	5	14
1	Rourke	Saporta	06:20	01:20	38	1.8	32	35	52	Injured			
1	Zac	Barber	05:26	01:11	33	1.5	37	31	53	7			
1	Reese	Buret	05:56	01:12	32	1.3	40	36	53	16			
1	Ross	Thompson	06:06	01:18	35	1.4	40	33	53	25			
1	William	Newborn	06:15	01:20	37	1.3	38	33	51	32			
1	Harrison	Rosser	06:20	01:20	36	1.3	36	32	55	19			
1	Anthony	Repapis	05:07	01:20	34	1.2	33	38	55	32			
1	Neil	Stow	06:18	01:20	36	1.7	32	33	55	18			
1	Blake	Roomer	06:15	01:20	34	1.4	36	33	51	11			
9	Brandon	Harris	06:16	01:20	34	1.2	40	27	51	6			
9	Jarryd	Froy	06:39	01:20	36	1.5	33	32	54	22			
11	Stirling	Smith	06:31	01:27	36	1.4	35	32	50	8			
11	Liam	Tutton	07:04	01:30	35	1.7	45	30	52	17			
11	Michael	De Beer	06:50	01:30	36	1.2	39	34	51	11			
11	Dan	Bartlett	06:36	01:25	38	1.5	39	33	54	18			
15	Jordan	Smith	06:38	01:30	38	1.3	39	30	50	7			
15	Jesse	Bischofberger	07:00	01:30	38	1.5	38	33	55	30			
15	Oliver	Dewar	07:00	01:40	40	1.3	38	34	55	14			
15	Nicholas	Rivett-Carnac	07:00	01:40	42	1.4	33	34	55	11			
20	Daniel	Vos	07:44	01:40	48	1.2	45	27	48	9			
	Bjorn	Maree	ABSENT										
	Khanya	Mpondo	ABSENT										
	AVERAGE		06:30	01:25	37.04	1.4	37	32	53	16	19	5	12.83

KEY	
Blue	Norm
Yellow	Below Norm
Red	Absent



68 GAMEDESK

Players									
Ranking	Name	+/-	SHOTS	GOALS	ASSISTS	EXCLUSIONS	EARNED EXCLUSIONS	STEALS	FIELD BLOCKS
1	Harrison Rosser	+8.50	4	2	4	0	0	2	2
2	William Newborn	+7.90	10	7	0	0	1	0	0
3	Jordan Smith	+7.70	6	5	0	0	3	0	0
4	Reese Buret	+6.90	6	6	1	0	0	0	0
5	Anthony Repapis	+5.80	9	4	2	0	0	0	0
6	Neil Stow	+3.45	2	1	0	0	2	1	0
7	Dan Bartlett	+2.55	4	1	1	0	0	1	0
8	Liam Tutton	+2.20	3	2	1	1	0	0	0
9	Michael De Beer	+1.90	2	1	0	0	1	0	0
10	Ross Thompson	+1.80	4	1	3	4	1	0	0
10	Blake Roomer	+1.80	0	0	2	0	0	0	0
12	Oliver Dewar	+1.55	5	0	0	0	1	1	0
13	Nicholas Rivett-Carnas	+1.05	1	1	0	2	0	1	1
14	Zac Barber	+0.85	0	0	1	1	0	1	0
15	Brandon Harris	0.00	0	0	0	0	0	0	0
16	Stirling Smith	-0.05	1	0	0	1	0	1	0
17	Daniel Vos	-0.70	2	0	0	1	0	0	0
18	Rourke Saporta	-1.45	3	0	0	3	0	1	0
19	Jesse Bischofberger	-1.80	2	1	0	4	0	0	0

Goalies					
Ranking	Name	+/-	SAVES	ASSISTS	STEALS
1	VanZyl Huisamen	+5.60	7	0	0
2	Johannes Potgieter	+4.80	6	0	0

TOP PLAYERS

Game Desk	Testing
Harrison Rosser	Rourke Saporta
William Newborn	Zac Barber
Jordan Smith	Reese Buret
Reese Buret	Ross Thompson
Anthony Repapis	William Newborn
Neil Stow	Harrison Rosser
Dan Bartlett	Anthony Repapis
Liam Tutton	Neil Stow
Michael De Beer	Blake Roomer
Ross Thompson	Brandon Harris
Blake Roomer	Jarryd Froy
Oliver Dewar	Stirling Smith
Nicholas Rivett-Carnas	Liam Tutton
	Michael De Beer
	Dan Bartlett

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/>