



NELSON MANDELA BAY SCHOOLS WATER POLO

76a York Rd, North End
Gqeberha, 6001
Tel: 041 391 4700

26 May 2026

NMBSWP U16 BOYS 6-8 TESTING REPORT – 24 May 2026

Attendance: 20 out of 22 squad members

During the recent U16 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 U16 Boys squad demonstrated a very strong physical profile and produced some of the highest testing standards across the age groups assessed. The group showed particularly positive results in swimming speed, explosive lower body power, throwing velocity, and water polo-specific movement efficiency. The testing indicates that the squad possesses a high level of athletic potential and a strong physical base moving into the competitive phase of the season.

The swimming assessments were one of the strongest components of the overall testing battery. A large percentage of players performed within or above the benchmark standards across the 50m, 100m, and 400m swim tests. The squad average for the 100m swim test exceeded the expected benchmark level, which reflects very positive sprint swimming capability and efficient swimming mechanics throughout the group. Several athletes also produced strong 400m swim performances, indicating improved aerobic swimming endurance and pacing ability compared to the younger age groups.

Despite the positive swimming profile overall, several athletes still fell below benchmark standards in the longer swim tests, suggesting that continued aerobic conditioning and endurance development should remain an important focus area moving forward. In water polo, sustained swimming efficiency and cardiovascular endurance are critical for maintaining intensity during transitions, defensive recoveries, repeated sprint efforts, and high-pressure match situations.

The Beep Test results highlighted aerobic conditioning as one of the primary developmental areas within the squad. Although the group possesses strong athletic qualities overall, all the players performed below the target benchmark level for this assessment. This suggests that many athletes still require improvement in cardiovascular endurance, repeat sprint conditioning, and recovery under fatigue. Improving these qualities will play a major role in enhancing overall match intensity, work rate, and sustained performance across all four quarters.

The Lunge Test results demonstrated generally positive lower body endurance and stability throughout the group. Most athletes performed close to or within the benchmark standard, indicating a solid foundation of leg strength and muscular endurance. These qualities are extremely important in water polo, as they directly impact body position, eggbeater efficiency, defensive pressure, stability during contact situations, and shooting elevation.

The Radar Test results were particularly encouraging, with the squad producing strong shooting velocity scores overall. This indicates positive rotational force production, good upper body coordination, and efficient

throwing mechanics throughout the group. These qualities contribute directly to shooting power, passing strength, and technical effectiveness during gameplay.

For the Vertical Jump, the group average exceeded the benchmark standard, with many athletes demonstrating excellent lower body explosiveness and force production. Explosive leg power is one of the most important physical qualities in water polo and contributes significantly to vertical elevation, defensive blocking, body position, acceleration, and overall athletic performance in the water.

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

While several athletes performed well within this assessment, a large portion of the group fell below the benchmark standard. This indicates that lower body endurance and sustained eggbeater efficiency remain key areas requiring continued improvement. Developing these qualities will directly improve:

- Stability under pressure
- Vertical body position
- Defensive control
- Shooting stability
- Water-based 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, coordination, hip mobility, and water movement efficiency. This movement pattern closely replicates the leg-driven movement demands experienced during 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 goalkeepers produced positive results in this assessment, demonstrating strong 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 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
- Repeat sprint conditioning
- Eggbeater endurance
- Core stability

- Hip mobility and stability
- Rotational power
- 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 improve endurance, recovery ability, swimming efficiency, 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 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 U16 Boys squad demonstrates a very strong athletic profile and significant long-term potential moving forward. The testing process revealed excellent explosive qualities, strong swimming capability, positive throwing mechanics, and encouraging 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,

Nolan Kemp

Strength & Conditioning Director

Mobile: +27 74 736 3363

Email: nolan@nmbwaterpolo.co.za



TESTING

RANKINGS	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
	u16 Boys		06:00	01:15	32s	L2.4	<40s	>30	>53	>35s	<20s	<8s	<15s
	Caleb	van der Merwe (GK)	06:10	01:30	43		33		58	18	21	6	12
	Charles	Frost (GK)	06:50	01:37	41		46		54	5	23	7	15
1	Jasper	Korver	05:22	01:05	31	1.5	28	38	59	28			
1	Zethan	Basson	05:16	01:05	32	1.4	37	39	56	7			
1	Thomas	van Oerle	05:32	01:15	32	1.7	37	43	58	21			
1	Callum	Loftus	05:10	01:07	31	2.1	38	32	54	12			
1	Luca	Hamlet	05:36	01:05	31	1.2	32	37	56	8			
1	Sean	Scott	06:00	01:14	32	1.5	29	32	57	15			
1	Ben	Rutherfoord	05:32	01:09	32	1.5	32	38	59	23			
8	James	Barber	05:22	01:05	31	1.5	46	32	56	32			
8	Malachi	Smith	05:56	01:09	36	1.6	34	37	56	18			
8	Caleb	Horne	05:50	01:12	33	1.4	36	35	56	12			
11	Michael	Baisley	05:57	01:16	33	1.4	36	36	57	17			
11	Kaylum	Gonsalves	06:30	01:14	34	1.5	40	30	56	20			
13	Connor	du Preez	05:56	01:06	33	1.4	42	35	52	23			
13	Daniel	Lokotsch	05:30	01:10	32	1.5	41	28	52	14			
13	Carter	Olivier	06:20	01:16	34	1.4	33	35	58	29			
16	Deacon	Dugmore	06:01	01:24	38	1.3	40	33	51	2			
16	Christian	Paxton	06:27	01:16	35	1.4	41	33	56	17			
18	Joshua	Jefferies	07:40	01:43	46	1.2	46	31	48	7			
	Zac	Dysel	EP RUGBY										
	Lisanda	Matyolo	u16 National Camp										
	AVERAGE		05:48	01:10	35s	1.5	37s	35	55	16	22s	6.5s	13s

KEY	
Blue	Norm
Yellow	Below Norm
Red	Absent



68 GAMEDESK

Players									
Ranking	Name	+/-	SHOTS	GOALS	ASSISTS	EXCLUSIONS	EARNED EXCLUSIONS	STEALS	FIELD BLOCKS
1	Jasper Korver	+6.00	2	2	2	0	1	2	0
2	Caleb Horne	+4.90	7	4	1	0	0	0	0
3	James Barber	+4.70	4	2	1	0	2	0	0
4	Ben Rutherfordoord	+4.65	4	2	1	1	2	1	0
5	Callum Loftus	+4.20	9	4	1	1	0	0	0
6	Kaylum Gonsalves	+3.75	4	1	2	2	1	1	1
7	Daniel Lokotsch	+3.70	1	1	1	0	2	0	0
8	Michael Baisley	+3.20	4	1	1	0	0	2	0
9	Tom Van Oerle	+2.95	5	3	0	1	0	1	0
10	Connor Du Preez	+2.20	1	0	1	0	0	2	0
11	Zethan Basson	+2.20	0	0	0	0	1	2	0
12	Malachi Smith	+2.20	3	2	1	1	0	0	0
13	Christian Paxton	+2.10	2	2	1	3	0	2	0
14	Deacon Dugmore	+1.90	4	1	1	0	0	0	0
15	Luca Hamlet	+1.90	1	1	1	0	0	0	0
16	Carter Olivier	+1.80	2	1	1	2	0	2	0
17	Sean Scott	+1.00	3	1	0	0	0	0	0
18	Joshua Jefferies	+0.65	1	0	0	0	0	1	0

Goalie					
RANKINGS	Name	+/-	SAVES	ASSISTS	STEALS
1	Charles Frost	+9.70	5	2	6
1	Caleb Van Der Merwe	+9.70	11	1	0

TOP PLAYERS

Gamedesk	Testing
Jasper Korver	Jasper Korver
Caleb Horne	Zethan Basson
James Barber	Thomas van Oerle
Ben Rutherford	Callum Loftus
Callum Loftus	Luca Hamlet
Kaylum Gonsalves	Sean Scott
Daniel Lokotsch	Ben Rutherford
Michael Baisley	James Barber
Tom Van Oerle	Malachi Smith
Connor Du Preez	Caleb Horne
Zethan Basson	Michael Baisley
Malachi Smith	Kaylum Gonsalves
Christian Paxton	Connor du Preez
	Daniel Lokotsch
	Carter Olivier

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/>