



NELSON MANDELA BAY SCHOOLS WATER POLO

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NMBSWP U16 GIRLS 6-8 TESTING REPORT – 17 May 2026

Attendance: 12 out of 18 squad members

During the recent U16 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, and water polo-specific movement efficiency through selected components of the internationally recognized 6–8 Water Polo testing system.

Overall, the U16 Girls squad demonstrated encouraging athletic potential and a positive physical foundation moving forward. The testing process revealed strong movement qualities, improving swimming capability, and promising lower body explosiveness throughout the group. At the same time, the results highlighted several important developmental areas, particularly aerobic conditioning, sustained lower body endurance, and overall conditioning consistency.

Attendance during the testing process was lower than anticipated, with only 12 out of the 18 registered athletes present for testing. Consistent attendance at testing and conditioning sessions is extremely important, as it allows players to accurately monitor their physical development, identify improvement areas, and track progression throughout the winter season.

The swimming assessments produced concerning results across the squad, with only a minimal number of athletes achieving the benchmark standards in the 400m, 100m, and 50m swim tests. While several players demonstrated positive sprint swimming ability and efficient swimming mechanics over the shorter distances, the overall results indicate that swimming endurance, aerobic capacity, sustained swimming efficiency, and pacing require significant improvement moving forward. Continued focus on swimming conditioning and regular swim training will be essential to improving overall fitness levels and match performance.

The Beep Test results highlighted aerobic conditioning as one of the most significant developmental areas within the group. Not a single player achieved the benchmark standard during this assessment, indicating that cardiovascular endurance, repeat sprint conditioning, and recovery under fatigue require substantial improvement across the entire squad. Aerobic conditioning is a critical component of water polo performance and directly impacts work rate, defensive recovery, transition speed, and the ability to maintain intensity throughout all four quarters of gameplay.

The Lunge Test results demonstrated mixed lower body endurance and stability throughout the squad. While some athletes performed close to or within the benchmark standards, several players struggled to maintain muscular endurance and stability under fatigue. Lower body endurance remains one of the most important physical qualities in water polo and directly affects:

- Eggbeater efficiency
- Overall movement control in the water

Due to technical difficulties with the radar equipment during the testing session, the Radar Gun assessment was unfortunately unable to be completed for the majority of the squad. As a result, shooting velocity testing

was not fully assessed during this round of testing. This component may be reassessed at the next trial session.

The Vertical Jump assessment produced encouraging results overall, with several athletes demonstrating strong lower body explosiveness and athletic potential. Explosive leg strength contributes significantly to:

- Vertical elevation
- Defensive blocking
- Body position

The Medicine Ball assessment highlighted another important developmental area within the squad. While a small number of athletes produced positive performances, many players fell below the benchmark standard. This indicates that sustained lower body endurance, and water-based muscular endurance remain key focus areas moving forward.

Improving these qualities will directly enhance:

- Lower body endurance
- Overall movement efficiency during gameplay

The goalkeeper 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.

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 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
- Water-based postural strength
- Core stability
- Hip mobility and stability
- Overall conditioning 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 U16 Girls squad demonstrates encouraging athletic potential and a positive long-term developmental foundation moving forward. While the group showed promising movement qualities, lower body explosiveness, and areas of improving swimming capability, the overall testing results indicate that significant work still needs to be done across multiple physical performance areas.

This group will need to commit to consistent conditioning, regular swimming, and structured strength development in order to improve their testing standards and overall in-game performance. Improving aerobic conditioning, lower body endurance, swimming efficiency, and physical consistency will be critical moving forward. With hard work, discipline, and continued support from players, coaches, and parents, the squad has the potential to make substantial improvements throughout the remainder of the season.

Regards,

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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 Breastroke	4 Corner	8 Touch
	u16 Girls		06:00	01:15	32s	L2.4	<40s	>30	>53	>35s	<20s	<8s	<15s
	Lisa	Langenhoven (GK)	06:47	01:32	43	1.2	44		50	20	23	8	15
1	Lucy	Schwechheimer	05:27	01:11	33	1.6	43	N/A	52	41			
2	Alexandra	Miller	06:00	01:29	34	1.5	37	N/A	52	29			
3	Lily	Collins	06:02	01:21	36	1.5	39	32	48	12			
3	Zoe	Kennedy	05:51	01:18	34	1.6	42	N/A	49	30			
3	Kendal	McKay	06:35	01:17	36	1.4	48	26	54	17			
3	Danica	Smith	05:42	01:16	35	1.5	43	N/A	51	29			
7	Shannon	Hobson	07:22	01:35	45	1.3	49	N/A	50	15			
7	Chloe	Mao-Cheia	06:47	01:30	41	1.5	42	N/A	48	11			
7	Lily	Nepgen	06:13	01:23	37	1.5	42	N/A	52	23			
7	Samantha	Phillips	07:03	01:34	42	1.5	44	N/A	49	24			
7	Bella	de Villiers	06:40	01:25	39	1.5	42	N/A	49	12			
	Courtney	Sansom	ABSENT										
	Julia	MacKenzie	ABSENT										
	Hayleigh	Frame	ABSENT										
	Kyla-Linke	Seyffert	ABSENT										
	Chloe	White	ABSENT										
	Jemimah	Akpan	ABSENT/SICK										
	Average		06:20	01:24	37	1.4	43	TBC	50	22	23	8	15

KEY	
Blue	Norm
Yellow	Below Norm
Red	Absent



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PLAYERS									
RANKINGS	Name	+/-	SHOTS	GOALS	ASSISTS	EXCLUSIONS	EARNED EXCLUSIONS	STEALS	FIELD BLOCKS
1	Lucy Schwechheimer	8.50	3	3	2	1	2	4	0
3	Bella De Villiers	4.80	6	4	0	2	1	2	0
4	Alexandra Miller	4.45	6	2	1	0	1	1	0
5	Danica Smith	3.45	6	1	0	0	2	1	0
6	Shannon Hobson	3.40	3	3	1	1	2	0	0
7	Lily Nepgen	2.55	1	1	1	0	0	1	0
8	Zoe Kennedy	1.20	1	1	0	1	1	0	0
9	Chloe Mao-Cheia	0.35	0	0	0	2	2	1	0
10	Samantha Phillips	-1.10	2	1	0	2	0	0	0

GOALIES						
RANKINGS	Name	+/-	SAVES	ASSISTS	STEALS	
1	Lisa Langenhoven	3.75	6	0	1	

TOP PLAYERS

GAME DESK	TESTING
Lucy Schwechheimer	Lucy Schwechheimer
Bella De Villiers	Alexandra Miller
Alexandra Miller	Lily Collins
Danica Smith	Zoe Kennedy
Shannon Hobson	Kendal McKay
	Danica Smith

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/>