



NELSON MANDELA BAY SCHOOLS WATER POLO

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27 May 2026

NMBSWP U19 GIRLS 6-8 TESTING REPORT – 17 May 2026

Attendance: 22 out of 27 squad members

During the recent U19 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 U19 Girls squad demonstrated a solid athletic foundation and positive long-term potential moving forward. The group produced encouraging results in explosive lower body power, movement efficiency, and general athleticism. However, the testing process also highlighted several significant developmental areas that require immediate attention, particularly within the swimming assessments, lower body endurance testing, and the Medicine Ball assessment.

The swimming assessments produced below-standard results across a large portion of the squad. While a small number of athletes demonstrated positive sprint swimming ability and efficient swimming mechanics, the majority of players failed to meet the benchmark standards across the 400m, 100m, and 50m swim tests. This indicates that aerobic endurance, sustained swimming efficiency, sprint speed, and pacing remain major developmental areas within the group.

Improving swimming standards and overall conditioning must therefore become a major focus moving forward if the squad wishes to improve overall in-game performance and physical consistency.

The Beep Test results further highlighted aerobic conditioning as a significant developmental area within the group. The overall squad average remained below the benchmark standard, with only a limited number of athletes producing positive conditioning results. This suggests that cardiovascular endurance, repeat sprint conditioning, and recovery under fatigue require continued improvement across much of the squad.

The Lunge Test results also revealed concerning trends in lower body endurance and muscular stability. A large number of athletes fell below the benchmark standards within this assessment, indicating that sustained leg endurance and lower body stability remain underdeveloped in several areas of the squad.

Lower body endurance is critically important in water polo and directly affects:

- Eggbeater efficiency
- Shooting position
- Overall movement efficiency in the water

Improving lower body endurance and muscular stamina will therefore be essential moving forward, particularly at the U19 level where the physical demands of the game increase significantly.

Due to technical difficulties with the radar equipment during the testing process, 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 will be tested at the next trial session.

The Vertical Jump assessment produced generally positive results throughout the squad, with many athletes demonstrating good explosive lower body power and athletic potential. The overall squad average remained close to the benchmark standard, indicating encouraging explosiveness and movement capability throughout the group.

Explosive lower body strength contributes directly to:

- Vertical elevation
- Defensive blocking
- Explosive movement
- Shooting elevation

The Medicine Ball assessment revealed one of the most significant developmental concerns within the squad. A large percentage of players fell well below the benchmark standards, indicating deficiencies in sustained lower body endurance, postural control, and water-based muscular endurance.

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 generally positive results in these assessments and demonstrated encouraging movement efficiency and reaction-based movement qualities.

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
- Overall conditioning consistency
- Match fitness and repeat sprint conditioning

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 U19 Girls squad demonstrates encouraging athletic potential and positive long-term developmental qualities. However, the testing process clearly highlighted that substantial work is still required across several key physical performance areas. Improving swimming standards, aerobic conditioning, lower body endurance, and overall conditioning consistency will be critical if the squad wishes to improve overall match performance and physical competitiveness moving forward.

With consistent effort, commitment, and support from players, coaches, and parents, the squad has the potential to make significant 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
	u19 Girls		06:00	01:15	32s	L2.4	<40s	>30	>53	>35s	<20s	<8s	<15s
	Jorja	Wilmot (GK)	06:46	01:25	37		41		55	40	22	7	14
	Jessica	Muirhead (GK)	06:46	01:29	36		40		55	36	20	7	14
DNF	Lucy Jane	Nagel	05:30	01:10	32	1.6	40	N/A	51	INJURED			
DNF	Nina	De Jongh	05:35	01:13	32	2.1	INJURED						
1	Brigid	Guest	05:47	01:14	33	2.1	43	N/A	54	36			
1	Cate	Harrison	05:40	01:15	33	1.8	37	N/A	55	25			
3	Gina	Lindhorst	05:37	01:12	32	2.1	42	N/A	50	22			
3	Charlotte	Van Bochove	06:03	01:15	35	1.5	41	N/A	56	41			
3	Sarah	Whitehead	05:43	01:15	35	1.5	40	N/A	52	14			
3	Hannah	de Necker	05:52	01:15	33	1.5	39	N/A	55	14			
7	Caitlyn	Gemmill	05:43	01:15	35	2.1	43	N/A	50	20			
7	Olivia	Attwell	05:45	01:18	35	1.8	38	N/A	50	20			
9	Jasmine	Apps	06:12	01:18	34	1.6	38	N/A	52	18			
9	Alexis	Fourie	05:42	01:18	35	2.1	42	N/A	50	17			
9	Megan	Sheard	06:19	01:19	36	1.4	40	N/A	52	17			
9	Emily	Kennedy	05:54	01:17	35	1.8	44	N/A	49	30			
9	Michaela	Blaine	06:28	01:25	33	1.6	36	N/A	51	23			
14	Amy	Burrell	06:29	01:24	38	1.5	45	N/A	50	8			
14	Kate	Newborn	06:27	01:24	39	1.3	46	N/A	51	25			
14	Kate	Wilson	06:37	01:21	36	1.4	47	N/A	49	14			
14	Lomso	Phillip	07:14	01:32	42	1.3	42	N/A	52	7			
14	Lily-Mae	Craig	06:09	01:18	36	1.3	48	N/A	47	23			
	Madison	Starkey	INJURED										
	Casey	Williamson	INJURED										
	Madison	Badenhorst	ACHILLIES INJURY										
	Lize	Ferreira (GK)	ABSENT										
	Emily	De Witt	ABSENT										
	Average		06:06	01:27	35	1.6	42	TBC	52	22	21	7	14

KEY	
Blue	Norm
Yellow	Below Norm
Red	Absent



68 GAMEDESK

PLAYERS									
RANKING	Name	+/-	SHOTS	GOALS	ASSISTS	EXCLUSIONS	EARNED EXCLUSIONS	STEALS	FIELD BLOCKS
1	Charlotte Van Bochove	9.15	4	3	0	1	4	5	0
2	Megan Sheard	6.15	4	3	0	0	1	1	2
3	Hannah De Necker	3.75	0	0	2	0	0	3	0
4	Caitlin Gemmill	3.65	5	3	0	0	0	1	0
5	Emily Kennedy	3.55	1	1	0	1	2	1	1
6	Brigid Guest	3.45	6	2	0	0	0	1	1
7	Olivia Attwell	3.40	2	1	0	2	1	2	2
8	Jasmine Apps	2.50	0	0	1	0	0	0	2
9	Kate Newborn	2.20	0	0	1	0	0	2	0
10	Sarah Whitehead	2.05	0	0	0	3	4	1	1
11	Michaela Blaine	1.85	1	1	0	1	1	1	0
12	Alexis Fourie	1.70	1	0	0	0	1	0	1
13	Lomso Philips	1.65	1	1	0	0	0	1	0
14	Gina Lindhorst	1.65	1	1	0	0	0	1	0
15	Lucy Nagel	1.10	1	1	0	2	1	2	0
16	Nina De Jongh	1.00	2	1	0	0	0	0	0
17	Kate Wilson	0.95	1	1	0	1	0	1	0
18	Madison Stakey	0.0	0	0	0	0	0	0	0
19	Amy Burrell	-0.05	2	0	0	1	0	1	0
20	Lily-Mae Craig	-1.35	1	1	0	3	0	1	0

GOALIES					
RANKINGS	Name	+/-	SAVES	ASSISTS	STEALS
1	Jorja Wilmot	5.35	7	0	1
2	Jessica Muirhead	4.10	6	0	0

TOP PLAYERS

Game Desk	Testing
Charlotte Van Bochove	Brigid Guest
Megan Sheard	Cate Harrison
Hannah De Necker	Gina Lindhorst
Caitlin Gemmill	Charlotte Van Bochove
Emily Kennedy	Sarah Whitehead
Brigid Guest	Hannah de Necker
Olivia Attwell	Caitlyn Gemmill
Jasmine Apps	Olivia Attwell
Kate Newborn	Jasmine Apps
Sarah Whitehead	Alexis Fourie
Michaela Blaine	Megan Sheard
Alexis Fourie	Emily Kennedy
Lomso Philips	Michaela Blaine
Gina Lindhorst	

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/>