

### Off Ice Testing Results - U19

Push Ups				Broad Jump				Vertical Jump				Beep Test			
2026	1	JULIET DOUCETTE	28	2026	1	AVELINE CHRIS	221	2026	1	ELLIE JOHNSON	24	2026	1	FIONA PENNER	9.5
2026	1	EMMA LAPP	28	2026	2	ELLIE JOHNSON	216	2026	2	MEGAN MERCER	22.2	2026	2	EMMA LAPP	9
2026	2	PEYTON SIEDMANN	25	2026	3	FIONA PENNER	213	2026	3	AVELINE CHRIS	22	2026	2	JULIET DOUCETTE	9
2026	2	EVE RUSSOUW	25	2026	4	MEGAN MERCER	211	2026	3	EMMA LAPP	22	2026	2	PEYTON SIEDMANN	9
2026	2	RILEY FORWELL	25	2026	5	JULIET DOUCETTE	209	2026	4	GEMMA CERANTOLA	21.8	2026	2	MAELLE SNYDER	9