INFORMATION FOR PARENTS

Why Should I Have My Child Tested?

Age-appropriate assessment of performance, movement quality and development. The aim is not to make the child compete with other athletes; it is to objectively understand their own physical profile, identify strengths and track development over time.

SPORTOTEAM Live Test Program

The 25-test pool is divided into three age bands according to developmental stage and assessment needs. Not every athlete completes every test; the appropriate test set is selected according to age, developmental level, sport and individual needs.

AGES 6–12

Development Package

Movement quality first. The child is not exposed to intensive performance testing; the focus is on fundamental motor skills, coordination, balance, posture and left–right differences. Jump and speed volume is kept low.

Example tests: CMJ, Abalakov, SLJ, single-leg hop, Skater, 10 m sprint, 5-10-5, Flamingo balance, posture, Overhead Squat, ROM, Sit & Reach.

AGES 12–18

Athletic Development Package

Athletic development and asymmetry. Explosive power, unilateral performance, reactive strength, sprint, agility and movement quality are assessed together. Left–right differences and movement control are monitored closely during growth.

Example tests: CMJ, Squat Jump, Abalakov, single-leg hops, Triple Hop, Crossover Hop, RSI, 10/20/30 m sprint, 5-10-5, 505 COD, T-Test, balance, posture, ROM, Nordic Control, Sit & Reach.

18+ YEARS

Professional Performance Package

Comprehensive performance profile and asymmetry assessment.

What do these tests tell us?

Strength and jumping: assesses lower-extremity force production and explosive performance.

Left–right differences: single-leg and balance tests are done on both sides, making asymmetries visible.

Flexibility and range of motion: ROM and Sit & Reach tests assess the flexibility profile.

Speed and agility: measurable data on acceleration, change of direction and on-field movement skills.

Balance and movement control: Flamingo, posture and Overhead Squat examine movement quality and body control.

Tracking development: when the same test set is repeated at defined intervals, the athlete is compared with their own previous measurements.

Instead of "What score did they get today?" ask "Where did they start, and how much have they improved?"

The 6 most important benefits for parents

- Makes the child's current physical profile measurable.
- Shows strengths and areas that need development more clearly.
- Helps track performance differences between the right and left sides.
- Provides data for training planning appropriate to age and developmental level.
- Makes objective development tracking possible through repeat measurements.
- Creates a common monitoring language among the coach, healthcare team and family.

A complementary view with ALLDREAMS VISION GEN AI – MOVE

Live tests measure what the athlete can do today. The MOVE genetic report adds information about selected inherited variants related to performance, recovery, injury susceptibility and nutrition. Evaluated together, the aim is not to label the athlete but to build a more comprehensive, personalized profile.

Live tests:

Strength · Jumping · Speed · Agility · Balance · Posture · Asymmetry · Movement quality

MOVE – Sports DNA 360°:

Performance · Recovery · Injury susceptibility · Nutrition and metabolism · Cardio-fitness

Important: These assessments alone do not predict future performance or injury with certainty. Results should be interpreted together with the athlete's clinical status, training history, sport and developmental stage.

KEY MESSAGE

Rather than comparing your child with other children, understand their own physical characteristics, track their development correctly and plan sport more consciously.