



## Spring 2020 Tomahawks Wall Ball Self-Test

Player Name (first and last):

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Tomahawks Team (BOys B14Bv, Girls B12Br.....: \_\_\_\_\_

Dominant Hand (right or left): \_\_\_\_\_

WALL BALL

How many catches in 1 minute?

Dominant Hand: \_\_\_\_\_

Non-Dominant Hand: \_\_\_\_\_

Date: \_\_\_\_\_

Witness Signature (who administered the test and/or timed you = PE teacher, coach, parent):

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