

Canadian Sport For Life



The Role of Monitoring Growth in Long-Term Athlete Development

Istvan Balyi & Richard Way

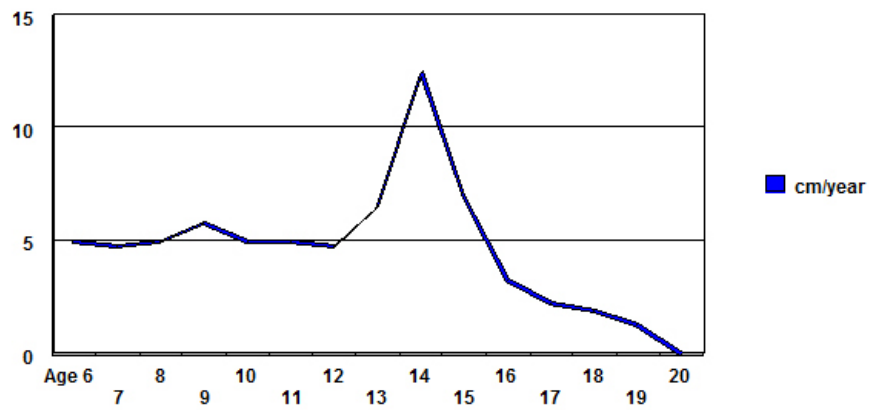


Appendix 4. Tables for Plotting Annual and Quarterly Growth

Standing Height Example

Age	9				10				11				12				13				14			
Growth in cm	5				6				0.9	1.3	3	1	1.9	2.6	3.0	1.1	4.3	3.0	3.4	1.3	1.0	2.1	2.7	1.9
Total Growth in cm	5				6				6.2				8.6				12				7.7			

15				16				17				18				19				20			
2.1	1.6	1.3	2.0	1.4	0.7	0.9	1.0	1.1	0.5	0.6	1.0	0.7	0.3	0.5	0.6	0.4	0	0	0.4	0	0	0	0
7.00				4.00				3.2				2.1				0.8				0			

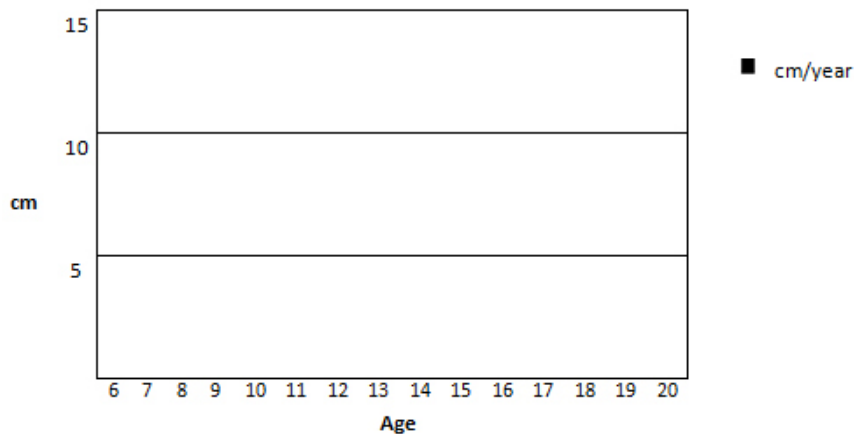


Standing Height

Age	9				10				11				12				13				14			
Growth in cm																								
Total Growth in cm																								

15				16				17				18				19				20			

Plotting the Growth Velocity Curve for Standing Height

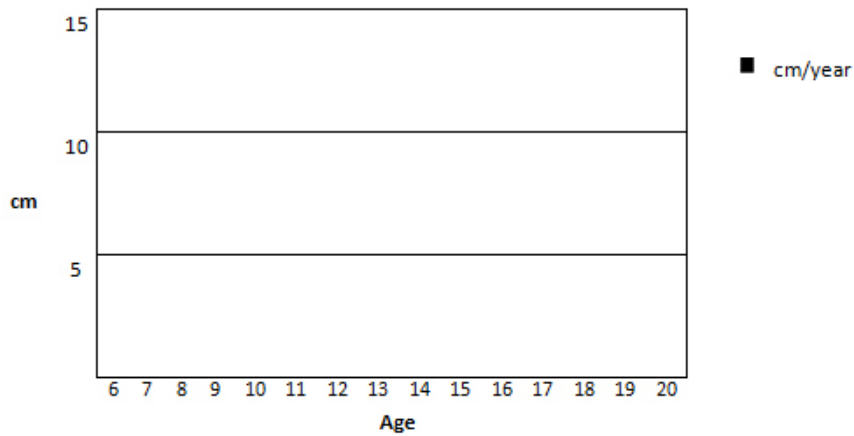


Sitting Height

Age	9				10				11				12				13				14			
Growth in cm																								
Total Growth in cm																								

15				16				17				18				19				20			

Plotting the Growth Velocity Curve for Sitting Height



Arm Span

Age	9				10				11				12				13				14			
Growth in cm																								
Total Growth in cm																								

15				16				17				18				19				20			

Plotting the Growth Velocity Curve for Arm Span

