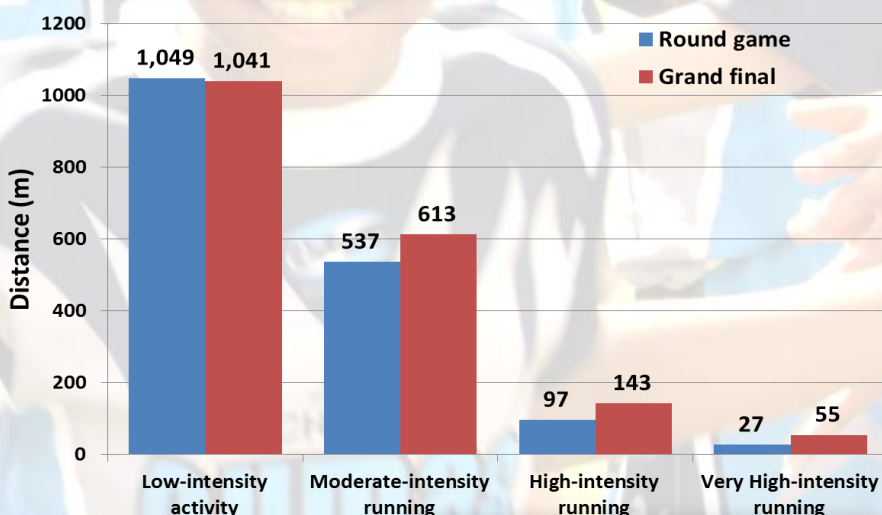


Research Findings from the 2014 Junior State Cup!

Earlier this year, a total of 147 junior teams took to the fields at Stockland Park for a massive weekend of competition at the 2014 Junior Queensland State Cup. The Sport Science Team was there tracking the movements of the under 14 boys and girls competitions using GPS technology. In this issue of Sport Science Update we look at the movement demands of the under 14 Richlands girls team. The girls put in a fantastic effort over the weekend, making it to the grand final where they narrowly lost to the well-drilled Miami Raptors. This issue focuses on the distance the girls covered during a round game and the grand final, demonstrating the importance of fitness if you want to match it with the top teams at representative level.

	Round Game	Grand Final	Mean % Difference
Field time (min)	22:16 (18:03-27:27)	22:26 (18:58-26:27)	+1.75 %
Total distance (m)	1728 (1253-2633)	1877 (1128-2287)	+9.7 %
Relative distance (m/min)	77.9 (60.0-99.8)	83.5 (59.5-97.1)	+7.7 %
Max running speed (km/h)	20.8 (14.9-33.5)	20.8 (15.7-24.4)	+3.2 %
Distance high-speed running (%)	6.9 (1.6-13.9)	10.1 (2.3-18.9)	+84.4 %
Distance high-speed running (m)	124 (25-269)	198 (26-432)	+105 %
High-speed running efforts (no.)	11.5 (2-22)	19.0 (3-41)	+105.5 %



Thank you to the under 14 boys and girls teams that participated in the sport science research. Best of luck to all players who will be representing Queensland at this years OzTag State of Origin in Canberra!

In the next Issue:

Research findings from the 2014 Snr State Cup!

Do you have a question for the sport science team?

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