



# ALASKA WOMEN'S SWIMMING

## 2007 – 2008 STRENGTH TESTING

NAME	DATE	Pull-ups (maximum)	Sit ups (in 2 minutes)	Push-ups (in 2 minutes)	Wall sit (maximum) in seconds	Strength Score
Sam Zinsli	12/15/07	7	100	55	140	302
Amanda Hartman	12/15/07	6	94	85	110	295
Joann Kump	12/15/07	1	71	44	168	284
Heidi Tilicki	12/15/07	0	42	18	214	274
Erin Widby	12/15/07	1	74	62	132	269
Kinsey Laine	12/15/07	6	85	63	110	264
Jacqueline van Driessche	12/15/07	3	85	31	123	242
Tori Reiss	12/15/07	0	64	35	130	229
Kelly Becker	12/15/07	0	91	0	119	210
Amanda Davis	12/15/07	0	62	37	189	208
Courtney Miller	12/15/07	0	42	55	110	207
Mariya Pavlovskaya	12/15/07	6	73	23	70	172
Abbey Jackson	12/15/07	0	64	30	75	169
Karin Wagner	12/15/07	0	28	0	88	116
Kathryn Niemi	12/15/07	0	86	0	0	86