Instructions on how to use the "maturation in footballers" sheet

Generally, I have protected the sheet so you will only be able to change the <mark>green</mark> columns B, C, D, E, H, K, L, N, O, P, R, S (and these are the only cells you need to change).

Obviously columns, B, C, D are used to add the players names (B, C), their dates of birth (E), and the day of testing (D – this is used to calculate their age, in column F). NOTE: The Date of birth needs to be in the format DD/MM/YYYY.

In column H you need to input the players gender. This is important, as there are different equations to calculate the maturity status. Here you take 1 for MALE players and 2 for FEMALE players.

Then you need to measure the *Height*, *Weight*, and *Sitting height* of the players. All measures should be taken TWICE, as there will be variances in each measurement (and then the average over two measurements is calculated and expressed in column J, M, Q respectively). The first height measurement should be typed into column K, the second one into column L – both in cm. The first and second weight measurement will go into column N, and O respectively. The first and second sitting height measure should be placed into column R and s.

Last but not least you need to subtract the bench height on which your player is sitting from the actual sitting height. This is done in column P. HOWEVER, you probably need to change the height of the bench - accordingly to the height of the bench you have used in your measurement. As I have used a bench with 40 cm height, you MUST want to change that to whatever height of the bench you have used.

Your results (of the players maturation) are in <mark>RED</mark> in column I, and G. Column I represent the maturity offset (in years), basically the years when the player have started/will start to mature (here the example is "in 1.16 years"). A negative value here shows that the process has not started and a positive value demonstrated that is has already. Column G then shows the age when the process has started or will start and we have set this date as the date when the player is in peak height velocity (PHV – although this might be debatable).