



Website Analysis: vatechniques.com

Generated on April 12 2026 23:45 PM



The score is 54/100







SEO Content

	Title	Virginia Techniques Training Center Length : 35 Perfect, your title contains between 10 and 70 characters.												
	Description	Length : 0 Very bad. We haven't found meta description on your page. Use this free online meta tags generator to create description.												
	Keywords	Very bad. We haven't found meta keywords on your page. Use this free online meta tags generator to create keywords.												
	Og Meta Properties	This page does not take advantage of Og Properties. This tags allows social crawler's better structurize your page. Use this free og properties generator to create them.												
	Headings	<table border="1"> <thead> <tr> <th>H1</th> <th>H2</th> <th>H3</th> <th>H4</th> <th>H5</th> <th>H6</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>4</td> <td>0</td> <td>0</td> <td>0</td> <td>0</td> </tr> </tbody> </table> <ul style="list-style-type: none"> • [H1] Happy. Active. Unstoppable. • [H2] • [H2] Testimonials • [H2] Links • [H2] Connect with us! 	H1	H2	H3	H4	H5	H6	1	4	0	0	0	0
H1	H2	H3	H4	H5	H6									
1	4	0	0	0	0									
	Images	We found 16 images on this web page. 1 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.												
	Text/HTML Ratio	Ratio : 32% Ideal! This page's ratio of text to HTML code is between 25 and 70 percent.												
	Flash	Perfect, no Flash content has been detected on this page.												

SEO Content

		
	Iframe	Great, there are no Iframes detected on this page.

SEO Links

	URL Rewrite	Good. Your links looks friendly!
	Underscores in the URLs	Perfect! No underscores detected in your URLs.
	In-page links	We found a total of 51 links including 0 link(s) to files
	Statistics	External Links : noFollow 0% External Links : Passing Juice 15.69% Internal Links 84.31%

In-page links

Anchor	Type	Juice
VirginiaTechniquesTrainingCenter	Internal	Passing Juice
facebook	External	Passing Juice
twitter	External	Passing Juice
instagram	External	Passing Juice
Map it!	External	Passing Juice
Parent Portal	External	Passing Juice
About	Internal	Passing Juice
Mission Statement	Internal	Passing Juice
Become a Member	Internal	Passing Juice
FAQ	Internal	Passing Juice

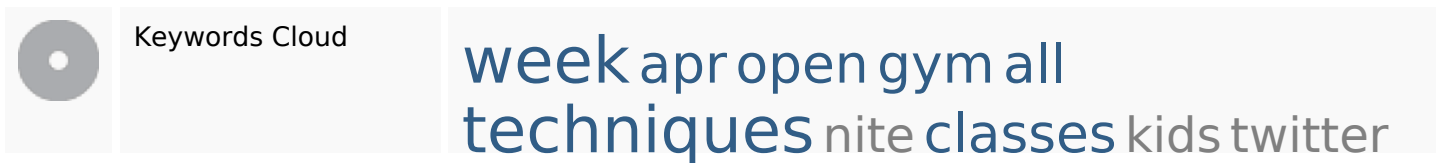
In-page links

Staff	Internal	Passing Juice
Employment	Internal	Passing Juice
Facility	Internal	Passing Juice
Classes	Internal	Passing Juice
Classes	Internal	Passing Juice
Summer Camps	Internal	Passing Juice
Photo Gallery	Internal	Passing Juice
Video Gallery	Internal	Passing Juice
In the News!	Internal	Passing Juice
Open Gym	Internal	Passing Juice
Camps	Internal	Passing Juice
Home School	Internal	Passing Juice
Field Trips	Internal	Passing Juice
Private Lessons	Internal	Passing Juice
Tumbling Groups	Internal	Passing Juice
Kids Nite Out	Internal	Passing Juice
Brunch Bunch	Internal	Passing Juice
Parties	Internal	Passing Juice
Competitive Teams	Internal	Passing Juice
Hosted Meets	Internal	Passing Juice
Team Camp	External	Passing Juice
Booster Club	External	Passing Juice
Contact	Internal	Passing Juice
PlayZone Open Gym &raquo;	Internal	Passing Juice
Late Nite &raquo;	Internal	Passing Juice
PlayZone Open Gym &raquo;	Internal	Passing Juice
Friday Nite HYPE! &raquo;	Internal	Passing Juice
PlayZone Open Gym &raquo;	Internal	Passing Juice

In-page links

View More &raquo;	Internal	Passing Juice
Week 1, June 1-5	Internal	Passing Juice
Open Gym	Internal	Passing Juice
See More Testimonials &raquo;	Internal	Passing Juice
Home	Internal	Passing Juice
Staff	Internal	Passing Juice
Classes	Internal	Passing Juice
FAQ	Internal	Passing Juice
Calendar	Internal	Passing Juice
Birthday Parties	Internal	Passing Juice
Employment	Internal	Passing Juice
Contact Us	Internal	Passing Juice
Key Creative	External	Passing Juice






SEO Keywords














Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
week	7	✘	✘	✘	✘
techniques	6	✔	✘	✘	✘
classes	5	✘	✘	✘	✘
apr	5	✘	✘	✘	✘
open	5	✘	✘	✘	✘


Usability

	Url	Domain : vatechniques.com Length : 16
	Favicon	Great, your website has a favicon.
	Printability	We could not find a Print-Friendly CSS.
	Language	You have not specified the language. Use this free meta tags generator to declare the intended language of your website.
	Dublin Core	This page does not take advantage of Dublin Core.





Document

	Doctype	HTML 5
	Encoding	Perfect. Your declared charset is UTF-8.
	W3C Validity	Errors : 0 Warnings : 0
	Email Privacy	Warning! At least one email address has been found in the plain text. Use free antispam protector to hide email from spammers.
	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
	Speed Tips	<ul style="list-style-type: none"> Excellent, your website doesn't use nested tables. Too bad, your website is using inline styles. Great, your website has few CSS files. Perfect, your website has few JavaScript files. Perfect, your website takes advantage of gzip.

Mobile

	Mobile Optimization	<ul style="list-style-type: none">✓ Apple Icon✓ Meta Viewport Tag✓ Flash content
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Optimization

	XML Sitemap	<p>Great, your website has an XML sitemap.</p> <p>http://vatechniques.com/sitemap.xml</p>
	Robots.txt	<p>http://vatechniques.com/robots.txt</p> <p>Great, your website has a robots.txt file.</p>
	Analytics	<p>Great, your website has an analytics tool.</p> <p> Google Analytics</p>