

Epic Off-Ice Performance Testing

Explanation to Parent and Coach

The following is an explanation of the fitness tests that will be performed at Epic on a quarterly basis. On the fitness evaluation form there is a score column so you can compare/measure your improvement over the year.

Rational for Testing

- Assess current fitness levels
- Identify training needs
- Select training regimens
- Evaluate success of program in achieving objectives
- Motivate participants

What was tested?

- **Pre-Preliminary:** jumps, abs & back evaluation, flexibility
- **Preliminary/Pre-Juvenile:** jumps, abs & back evaluation, flexibility
- **Juvenile/Intermediate:** jumps, abs & back evaluation, flexibility, power, strength, cardio
- **Novice/Junior/Senior:** jumps, abs & back evaluation, flexibility, power, strength, cardio

Note: Generally, a full fitness test is appropriate for athletes 11 years of age and older. A partial test is conducted for younger athletes and as fitness level improves additional tests are added. Contact Nancy Stilson-Herzog to discuss any questions regarding testing for your athlete.

***Test 1 - Push Up Test**

This test measures upper body strength and endurance. Upper body strength is required in order to perform activities with vigor and undue fatigue. The test is performed to the cadence of 1.5 seconds down and 1.5 seconds up for one minute. The total number of correct push-ups is recorded. The test is terminated when two of the following occurs: arching or sagging of the back, not achieving the straight arm position, not achieving the right angle at the elbow during the down phase, being off cadence.

Test is performed at **Level 1 - Knees** or **Level 2 - Toes**

***Test 2 - Vertical Jump Test**

This test helps determine the power you posses in your lower body. Power is the product of strength and speed. The stronger you are the more force you can produce; the quicker you can produce a strong force the more power you have. The first number is the total inches standing next to the wall with the arm and fingers extended as high as possible. The second number is the two legged vertical jump in inches.

***Test 3 - Upper Body Medicine Ball Throw Power Test**

This test measures the amount of power you posses in the upper body. Much like the legs, the further you move the ball from your body the better your power. The medicine ball is thrown as far as possible straight forward using a two-handed chest pass while in a kneeling position.

***Test 4 - Sit & Reach Test**

This test measures flexibility in the lower back and hamstrings. Increasing flexibility can help prevent strains and pulls in the muscles. The test is performed with legs straight, feet against the testing box. The score is the best of 3 tries with a 3 second hold.

Test 5 - Leg Press Test

This test was designed to measure strength in your lower body. The more weight you are able to press with proper form the greater your lower body strength; the greater your lower body strength the less likely you may become injured. Total weight in lbs. is recorded when 15 controlled and stable repetitions with a 1 second forward and back cadence is performed.

Test 6 - Run/Bike Cardio Test

This test measures cardiovascular strength and endurance. The run/bike is a good indicator of the circulatory and respiratory systems ability to supply oxygen to functioning muscles. The athlete can choose the bike or treadmill test and the following quarterly test must be the same in order to measure results.

The treadmill test is $\frac{1}{2}$ mile run at the athlete's fastest pace without holding onto the handrails.

The bike test is a 1-mile race. The time is recorded.

Test 7 - Abdominal/Core Strength Evaluation This evaluation includes a series of core exercises that are essential in all sports. Strength, power, speed, quickness, agility, coordination and balance all come from the core. If untrained, the core becomes the weak link in the chain of stabilization and movement, putting the spine, pelvis, hip and joints of the legs at risk. The ability to correct oneself when slightly off axis in a jump is more likely to occur if the athlete has strong abdominal/core muscles. The abdominal evaluation is rated on an excellent, good, fair, and poor scale and will help determine which area of the core needs to be strengthened. Stability, balance, endurance, and control of the hip is checked and evaluated on all exercises.

***Test 7-1 Core Exercise – The Bridge**

The bridge is a versatile exercise that strengthens the gluteus, abdominal and lower back muscles. The bridge has numerous benefits including a toned backside, flat stomach and healthy back.

***Test 7-2 Core Exercise – Kneeling Superman**

Benefits include strong core, stability and balance.

***Test 7-3 Core Exercise – Side Plank**

The plank is a static exercise for strengthening the abdominals, back and shoulders. Isometric strength is important for stabilizing the trunk in various sports and exercises. The abdominal plank is a great exercise for strengthening the transverse abdominus, the deepest layer of abdominal muscle that wraps around the whole midsection. When you contract the abdominals, your waist becomes thinner. This is the action of the transverse. Side planks are a variation of the regular plank.

Level 1 (side lying/lift legs), **Level 2** (on elbows/lift body).

Test 7-4 Core Exercise – The Hundred

Improves abdominal endurance and strength. **Level 1** (bent knee), **Level 2** (straight leg).

***Test 7-5 Core Exercise – Double Leg Stretch**

Emphasizes abdominal strength and flexion of the spine.

Test 7-6 Core Exercise – Lower Abdominal

To improve the performance of the abdominal muscles (external oblique's, rectus abdominus, transverses).

Level 1 (one leg at a time), **Level 2** (push press).

Test 7-7 *Core Exercise – Master Challenge Core Muscle Strength & Stability Test

The object of this evaluation is to monitor the development and improvements of an athlete's core strength and endurance over time. To prepare for the assessment you will need: flat surface, mat, watch or clock with second counter. **Level 1** (knees, elbows), **Level 2** (toes, on hands).

Note: Only conduct Core Exercise 7 if the athlete has scored Excellent on at least 4 of the basic core test.

*Indicates basic tests conducted for athletes under 11 years of age.

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