## Team Sask - Personal Fitness Test

## 300-Yard Shuttle Run

The candidate uses a sprint, crouch, or standup start with both feet behind the Start/Finish Line. The candidate runs six complete round trips between two lines spaced 25 yards apart for a total of 300 yards. He or she makes turns by placing at least one foot on or over the line at each turn. On the final trip, the candidate sprints past the Start/Finish Line.

Before beginning this test, the examiner is requested to read the following instructions aloud to the candidate:
"This is the 300 -yard Shuttle Run. Take your starting position with either a sprint, crouch, or standup start. Place both feet and hands behind the starting line. I shall use the commands, 'On your mark, get set, go.' Run to the opposite end of the course and make a direct turn by placing at least one foot on or over that line, return to the starting line, make another turn, and continue in this way for six round trips, sprint past the Finish Line on the last trip. Do not take a circular path to make any turn. Be sure to sprint past the Finish Line. You have only one correctly executed trial. Are there any questions?"

Please try to arrange this event so that the turn lines are not close to a wall. In the event one of the turning lines must be against or close to a wall, advise the candidate not to touch or push-off from the wall on the turns.
52 seconds - Outstanding
54 seconds - Very Good
57 second - Good
62 seconds - Average
65 seconds - below average
68 seconds - poor
You can also expand this test to measure your cardiovascular level by completing this test twice. Do the test once - record your time. Rest for 5 minutes and then complete again and record your time. If there is more than 5-8 seconds between the two times then your cardio level and overall fitness is not up to par.

## Standing Long Jump

The candidate stands with his or her feet immediately behind the Take-off Line at the starting position (Figure 3). By bending the knees and swinging the arms one or more times, the candidate jumps forward to cover the greatest distance possible. The distance is measured from the take-off line to where the rearmost heel initially strikes the floor.

The candidate may not take a preliminary hop. If the candidate loses his or her balance and falls backward, another trial is permitted. The candidate must take off with both feet simultaneously and land on both feet simultaneously with the heels approximately even.

The candidate must complete three (3) correctly executed jumps. The best of the three attempts is then recorded by the examiner.
17-18 year old standards:
9'4-Outstanding MLB Standards: 9'6-Outstanding
8 '9-Very Good $\quad 9$ '0 - Very Good
8'1-Good
7'5 - Average
8'6-Average
6 6'9 - below average
8 ' 0 - Below Average
6 '2 - poor
7’6-poor

## Push Ups

For push-ups, the start position (Figure 6) begins with the hands shoulder width apart, elbows fully extended, body straight and the feet together or up to 12 inches apart. To complete a repetition, the candidate lowers his/her body, maintaining a straight back, until the upper arm is parallel with the ground (Figure 7), then returns to the start position. Once the two-minute push-up period has started, candidates may not lift their arms or legs off the ground. They may rest in the "start"position. They may also bend at the waist and the knees to relax the back, always maintaining 4-point contact with the ground. Before resuming push-ups, they must return to the start position. Candidates must complete as many push-ups that he or she is able to do in a two-minute period.
86 pushups - outstanding
70 pushups - very good

56 pushups - good
46 pushup - average
36 pushup - below average
26 pushups - poor
The above are a standard for 17-18 year olds.

Agility Test - T Drill
Cones are positioned to form a " $T$ ". Cone 1 is positioned 10 yards from cone 2 , cone 3 and 4 are positioned 5 yards to the left and right of cone 2. Players start with hand on cone 1 - they then proceed to sprint to cone 2 and touch it, shuffle to the right and touch cone 3, shuffle all the way to cone 4 and touch, shuffle back to cone 2 and touch it, backpedal to cone 1 and backpedal past it. Rest 3-5 minutes - repeat. Record best score. Clock starts on first movement and stops when last cone is passed.

Vertical Jump
Standing with your feet flat and standing with good posture raise your dominant arm up and reach as high as you can against the wall - mark the point at your fingertips with chalk or other means. Once you have your reach marked, jump from the spot where you marked your reach and jump and touch a spot above your reach. The measurement between your reach and your touch after your jump is your measured vertical. Record your vertical.
Compare your vertical to MLB players:
36 inches - excellent
32 inches - Above average
28 inches - Average
25 inches - below average
22 inches - poor

