

Winter Park Competition Center Fitness Test Protocol 2015

Test should be completed on a flat, hard surface such as a running track, court surface, paved surface, or other similar surface. Test should be in moderate weather conditions, with proper rest prior to testing for athletes to have optimal test results. Take special time to make sure each athlete is properly dressed in workout clothing and adequate footwear. In addition, make sure athletes are well nourished, and have plenty of water which they should be drinking throughout the testing process. Note any adverse conditions in notes section of results sheet.

Warm Up:

- Joint Mobility/Active Stretching
- Half-mile run
- 5 Accelerations from stop
- 15-20 lunges on each leg

Y-Balance Test:

Have athlete place right foot on the platform. When they are ready, athlete will push the block forward with left foot. Must be done in one movement. Athlete gets a "0" for the trial if they lose balance. Athlete gets 3 trials, taking the highest score of all three trials. Repeat with left foot on platform, pushing the block forward with right foot. Follow same procedure for both Posterior Medial (behind and to the side) and Posterior Lateral (behind and across) movements with both right and left foot.

ACL SCREENING: As athlete goes through the balance test, watch each leg for instability or collapse of the knee inward. Mark a "0" for NO collapse/instability, mark a "1" if you observe collapse/instability, and note "L" for left knee and "R" for right knee. Make notes for any limited range in hips.

Vertical Jump: Power Test

Vertical Jump testing should be done with a preapproved method. Several are acceptable, including but not limited to a Vertec or similar device, a yard stick measuring at the heels, or a wall chart if facilities allow for one. From a standing position, have athlete reach as high as they can with their dominant arm. Zero the Vertec based on this measurement. Instruct athlete to jump reaching as high as they can from a standing position (no running start or step forward). Athletes are allowed up to, but not required to take, 3 attempts. Spaces on result sheet are for each of three attempts, and best score. For ACL Screening, ask athlete to hold landing position for at least 3 seconds.

ACL SCREENING: As athlete goes through the vertical jump test, watch each leg for instability or collapse of the knee inward on take-off or landing. Mark a "0" for NO collapse/instability, mark a "1" if you observe collapse/instability, and note "L" for left knee and "R" for right knee.

Box Jump

Allow full recovery from previous test before beginning Box Jump Test. Athlete is to start on the top of the box. Choose which box to use based on which box is closer to the **top of the athlete's knee cap**. If the top of the knee cap is above the 35cm line on the 40cm box, use the 40cm box. When the timer starts, the athlete is to jump down to one side of the box, and back up onto the box. Next, the athlete jumps off the other side of the box, and back to the top. This is repeated as many times as possible for 40 seconds (phase 3 or 4 athletes) or 60 seconds (phase 5 or 6 athletes), keeping track of each time the athlete hits the top of the box. Timer shall count down at least the last 5 seconds, and more if the athlete desires. Recorder should record number of jumps at 10 second intervals (:10, :20, :30, and so on), as well as the total number of jumps.

ACL SCREENING: As athlete goes through the box jump test, watch each leg for instability or collapse of the knee inward on take-off or landing. Mark a "0" for NO collapse/instability, mark a "1" if you observe collapse/instability, and note "L" for left knee and "R" for right knee.

Push-Ups: Upper Body Test

Athlete is to complete as many possible pushups without stopping, changing position, or breaking form. Athlete may have their arms at 45 degrees or in at their sides (no 90 degrees). Starting in the up position, athlete is to lower until touching the fist of the person recording the test. The fist should be placed at the bottom of the athlete's sternum, thumb on top of the fist. The test is over when the athlete either breaks form or stops. Breaking form is any of the following; failure to maintain straight back (hips dropping or raising), repositioning hands, or moving feet. Count out loud, and only count reps in which the athlete touches the recorder's fist. If an athlete does a push-up, but fails to touch the fist, repeat the same number as before. For example, if an athlete were to do 10 pushups, but miss the fist on the 4th and 6th pushup, recorder would say "1....2....3....3....4....4....5....6....7....8", and the athletes score would be 8, not 10.

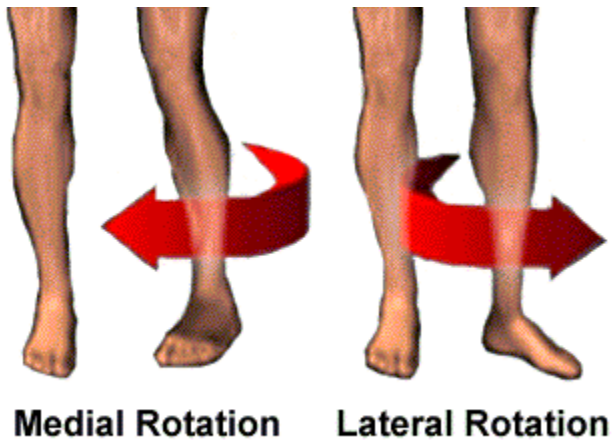
Beep Test: Endurance Test

Beep test is the 20m Shuttle Run Test, and should only be administered using the appropriate CD and a sound system. Prior to testing, make sure to have each side of the shuttle clearly marked on a flat dry surface.

Congratulations!!!!!!! You have completed the physical fitness test. Please make sure that athletes cool down properly, and suggest that they rehydrate and stretch well.

ACL Screening Assessment Criteria for Coaches:

- Able to hold landing for at least 3 seconds: **yes or no**
- Limb symmetry of at least 85% between the dominant and non-dominant legs: **mean DL/ mean NDL x 100 = _____, $\geq 85\%$ yes or no**
- Do both feet hit the ground at the same time on initial contact: **yes or no**
- Pronation of the feet on initial contact: **yes or no**
- Evidence of medial knee motion during initial contact: **yes or no**
- Evidence of medial knee motion during the final landing: **yes or no**



- Pronation or supination of the foot: **yes or no**
- Knee valgus: **yes or no**
- Hip internal rotation: **yes or no**
- Extension or flexion of the trunk: **yes or no**
- Able to maintain balance (falling or touching a surface with opposite foot or hand): **yes or no**
- Able to perform the entire set of 10 reps: **yes or no**



Valgus knee motion

Fig. 10

