



Pursuit of Excellence Program

March 2022

Fitness is a critical part of the Pursuit of Excellence Program.

Measurements will be considered part of the entry criteria for the program.

In addition, the tests completed will be used as a baseline and assessed throughout the athletes' journey in the program. Fitness testing will be completed at the evaluations, and during the calendar year. Data will be recorded in the athletes' profile to track improvement and any implications for injuries and properly program load.

Station	U14	U16	U19	JR (U21)	NRL	SR (Bronze)	SR (Excellence)
20 M Shuttle Run	5	6	6.5	7.5	7.5	7.5	>11
Plank (sec)	60	60	60		60	60	240
Standing Broad Jump (cm)	145	160	180		185	195	225
10m Sprint (split, sec)					2.5	2.2	<1.75
20m Sprint (sec)	4.20	3.85	3.75				
30m Sprint (sec)					6	5	<4.5
5-10-5	*	*	*				
Push Up	5	7	10	15	15	25	>60
Sit Up	10	15	25	40	40	40	65
Chin Up	X	X	1		1	1	>10
Triple Broad Jump (cm)	X	X	X		550	600	700

5-10-5 is a new test and does not have Ringette standards established

Gold will be assessed at entry and throughout training but will not be used for entry to POE program.

Blue will not be assessed at entry fitness, but will be part of the NRL & Sr National Protocol

SR NATIONAL TEAM FITNESS STANDARDS

Station	Bronze	Silver	Gold	Excellence
Shuttle Run	7.5	8.5	9.5	>11
Broad Jump (cm)	195	200	210	225
Plank (s)	60	120	180	240
10m Sprint (s)	2.2	2	1.86	<1.75
30m Sprint (s)	5	4.8	4.62	<4.5
Push Up	25	35	50	>60
Full Sit Up	40	50	65	>80
Chin Up	1	3	6	>10
Triple Jump (cm)	600	620	653	700

Contents

(Order of Testing)

BROAD JUMP (STANDING LONG JUMP)	3
TRIPLE JUMP	3
20 METRE SPRINT	4
PLANK	5
5-10-5	6
PUSH UPS	6
SIT UPS	7
AIS 20M SHUTTLE TEST	8
*CHIN UPS	9

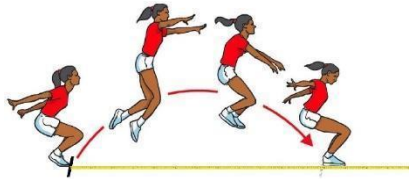
BROAD JUMP (STANDING LONG JUMP)

(measure in cm, to nearest whole cm)

Equipment Needed: Tape Measure, Tape.

Set Up: Tape or use a line on the floor as the START line, toes must be behind this line (Zero mark).

- Secure a Tape Measure to the floor, with 0 cm at the starting line, extending in the direction of the jump.



Data to Record:

- Record distance from start/zero line to the back of closest heel in cm.
- Record distance for 3 trials for all jumps and circle the longest jump.

Instructions:

- Feet should be placed behind the starting line or zero mark.
- The players should swing arms back 1-3 times, while bending knees, and then jump as far forward as they can off both feet and they MUST STICK the landing.
- Measurement is made to the heel of foot closest to start/zero line.

Justification for Test: Long jump distance is also thought to assess explosive leg power.

TRIPLE JUMP

(measure in cm, to nearest whole cm)

Equipment Needed: Tape Measure, Tape.

Data to Record:

- Record distance from start/zero line to the back of closest heel after the third jump (cm).
- Record distance for 2 trials for all jumps and circle the best jump.

Instructions:

- Feet should be placed behind the starting line or zero mark.
- The players should swing arms back 1-3 times, while bending knees, and then jump as far forward as they can off both feet and they MUST STICK the landing and immediately take off for the next jump. No rest is permitted between jumps.
- Measurement is made to the heel of foot closest to start/zero line.

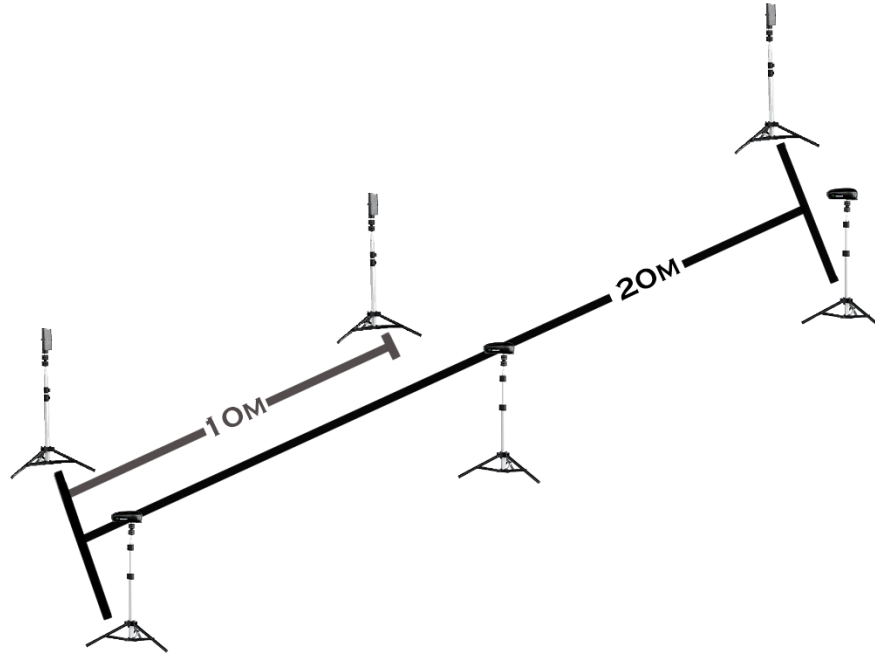
20 METRE SPRINT

(measure in seconds, to 2 decimal places)

Equipment Needed: Timing Light Pairs on Stands (x3), Tape Measure, Tape.

Set-up:

- Measure and place timing lights at Start, 10m and 20m.
- Place timing lights across from one another so the receiver and light are in line. (A beep will sound if they are not aligned correctly).



Data to Record:

- Record time in seconds to 2 decimal places
- Record 3 trials, with brief rest in between

Instructions:

- The athlete must start behind the starting laser line and sprint when ready
- Ensure the athlete sprints through the last gate and does not slow down until past the final gate.
- Reset the lights after recording by pressing the down arrow.
- Allow rest between trials.

Justification for Test: The 20m sprint measures maximum speed as well as acceleration in a straight line. These measures are important for most land-based sports. *(RC) The test for linear acceleration and speed will provide information on how fast the athlete can accelerate from a stand-still, and how fast they can achieve maximum velocity.*

PLANK

(measure in seconds, round to nearest second)

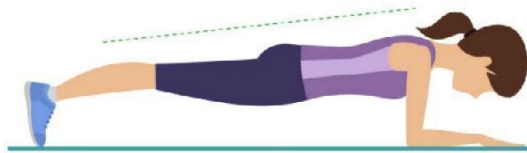
Equipment Needed: Mats, Stopwatch

Set-up: Mat on the floor, tester should be positioned on the floor beside the mat.

Data to Record: Time to failure OR if 180 seconds (3 min) is complete.

Instructions:

- Players should be warmed up and instructed on timing, as well as criteria around what constitutes a warning and stopping the test - VERY IMPORTANT & BE CONSISTENT.
- Athletes must have their elbows directly under shoulders and feet shoulder width apart, laying on mat.
- Once player raises themselves off the mat into plank position, with straight back, stopwatch is started.



Termination Criteria: Receive one warning to reposition regardless of issue (important to enforce).

- a. Player can no longer hold back straight
- b. Maximum of 3 minutes is achieved.

Justification for Test: Plank is used as a measure of core muscular endurance which is important to all sports and for athlete health.

5-10-5

(measure in seconds, to two decimal places)

Equipment Needed: Tape Measure, Tape, Timing Gates, (Stopwatch)

Data to Record: Record time of successful trial to 2 decimal places, circle the best time.

Set Up: Create 3 lines (using pylons & tape or some existing lines on the floor) at 0M, 5M and 10M.

<https://www.youtube.com/watch?v=z-wV9O8y-a0>

Instructions:

- Athletes start in 3-point stance (legs shoulder width apart, straddling the start line, one hand on the line on the ground, same hand as the direction heading).
- Run to the sideline (5M), touching the line with outside hand
- Run through middle line to opposite sideline (10M), touching with outside hand
- Run back through the middle/finish line (5M).

Justification:

This pro test assesses the agility of the athlete, without the back peddle of the T test that was causing injury among the athletes.

PUSH UPS

(# of completed)

Equipment Needed: Mats, Mechanical Counter. *Note: Athletes can perform test on the floor/thin mat.*

Data to Record: Number of times the athlete performs a push up with correct technique.

Instructions:

- Athletes should be instructed on the criteria around what constitutes a warning and stopping the test – **VERY IMPORTANT & BE CONSISTENT.**
- Athletes must have their hands placed directly under their shoulders and feet together, use the toes as a pivot point.
- Start on the ground with hands under shoulders, extend to straight arm position and lower body to the mat until chin touches the mat. (NOTE: Do **NOT** use the fist under chest protocol).

Termination Criteria: Receive **2 consecutive warnings**, regardless of issue (important to enforce for consistency between athletes).

- a. Back snakes (no longer flat).
- b. Chin does not come to the mat.
- c. Pausing at the top or bottom.

Justification for Test: Push ups are a measure of upper body muscular endurance. *(RC) Tests of muscular strength are important for activities such as pushing or pulling an opponent away and facilitate injury prevention. To evaluate upper body strength there are two tests; one pressing and one pulling.*

SIT UPS

(# of completed)

Equipment Needed: Mats, Metronome, Mechanical Counter.

Data to Record: Number of times the athlete performs a sit up with proper technique. (Max score = 100)

Instructions:

- Set metronome cadence to 50.
- Have athlete lay on their back, with knees at 90-degree angle, hands placed just in front of ears.
- Curl up: elbows touch thighs and return to the ground: shoulder blades & head touch the mat.
- Instruct athlete to stay in rhythm with cadence – up to thighs on BEEP and shoulder blades to mat on BEEP

Termination Criteria: Receive **2 consecutive warnings**, regardless of issue (important to enforce for consistency between athletes).

- a. Heels off the ground.
- b. Off cadence
- c. Not reaching thighs on up phase or not touching shoulder blades to mat on lowering phase.
- d. Hands come away from ears.
- e. Knees are not at 90-degree angle.
- f. Reach maximum of 100 reps.

NOTE: any repetition that is associated with a warning, does not count towards total rep number

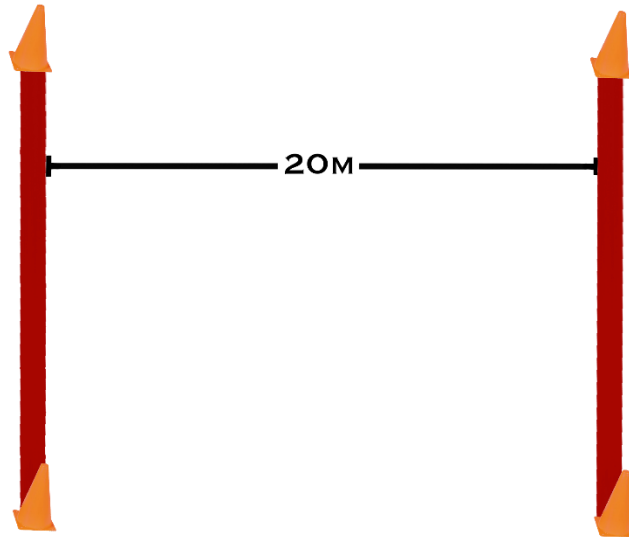
AIS 20M SHUTTLE TEST

(record last stage completed)

Allow athletes sufficient rest before starting this test, suggestion: 5-10 minutes

Equipment Needed: 4+ Pylons, Tape Measure, Recording Sheets, Stereo & Shuttle Run Track

Set-up: Measure a 20m distance and place cones to create a line at either end. (Ideally, have a court/field line at one or both ends to ensure the athletes contact the line).



Data to Record: Last stage completed before stopping/failing.

Instructions:

- Athletes should be warmed up.
- Play Shuttle Run Track, starting with the instructions.
- Have the athletes run the 20m distance and touch the line before or as the BEEP sounds.
- Must wait at the line until the BEEP sounds (cannot leave early).

TERMINATION CRITERIA:

- a. Failure to make it to the line on a BEEP, twice in a row.
- b. Failure to wait at the line until the BEEP sounds, twice in a row.

JUSTIFICATION: Used to assess aerobic endurance and fitness.

***CHIN UPS**
(# of completed)

*Optional, add to U19 fitness testing

Equipment Needed: Chin Up Bar, Mechanical Counter.

Data to Record: Number of times the athlete performs a chin up, with proper technique.

Instructions:

- Hands are positioned shoulder width on the bar, underhand (supinated) grip.
- Player starts from full hang and pulls up until chin is past the bar, for a count of one.

Termination Criteria: Receive **2 consecutive warnings**, regardless of issue (important to enforce for consistency between athletes).

- a. Failing of chin to clear the bar.
- b. Failing to extend all the way down (full hang).

NOTE: any repetition that is associated with a warning, does not count towards total rep number