



## **FITNESS ASSESSMENTS**

At Ispyr Athletics, Athletic assessments are paramount to measure growth in our athletes. As parents and coaches we can use these simple tools and tests to monitor improvements in strength, power, speed, and aerobic endurance.

### **CARDIORESPIRATORY FITNESS TESTS**

#### **SPRINT TESTS**

- Tests speed and power.
- Sprint or speed tests can be performed over varying distances, depending on the factors being tested and the relevance to the sport.

#### **PRO AGILITY (5-10-5)**

- The Pro Agility Drill is a test that measures change of direction speed.

### **STRENGTH & ENDURANCE TESTS**

#### **PUSH UPS**

- Tests upper-body strength and endurance.

#### **VERTICAL JUMP**

- Tests lower-body power.

#### **BROAD JUMP (STANDING LONG JUMP)**

- Tests power performance.

#### **PLANK (WILL LIKELY BE REPLACED WITH MED BALL THROW TESTS)**

- Tests core strength.