



General Fitness Circuit (Five Activities to be completed)



1. 20 Metres Flying Sprint (hand timing): (Esa Peltola: National Talent Search Co-ordinator)

Perf.

	Girls' U13	Girls' U14	Boys' U13	Boys' U14
6	<2.88	<2.83	<2.75	<2.64
5	3.24 - 2.88	3.24 - 2.83	2.99 - 2.75	2.94 - 2.64
4	3.48 - 3.25	3.41 - 3.25	3.25 - 3.00	3.14 - 2.95
3	3.81 - 3.49	3.64 - 3.42	3.49 - 3.26	3.35 - 3.15
2	4.22 - 3.80	4.05 - 3.65	3.80 - 3.50	3.76 - 3.36
1	>4.22	>4.05	>3.80	>3.76

2. Cricket Ball Throw (Metres) (National Talent Search)

Perf.

	Girls' U13	Girls' U14	Boys' U13	Boys' U14
6	>33.3	>36.6	>50.4	>57.7
5	24.2 - 33.3	25.0 - 36.6	42.1 - 50.4	47.0 - 57.7
4	19.1 - 24.1	20.3 - 24.9	36.9 - 42.0	39.9 - 46.9
3	15.9 - 19.0	16.5 - 20.2	31.3 - 36.8	33.0 - 39.8
2	11.0 - 15.8	11.0 - 16.4	22.5 - 31.2	23.5 - 32.9
1	<11.0	<11.0	<22.5	<23.5

3. Agility Run (Seconds)

Perf.

	Girls' U13	Girls' U14	Boys' U13	Boys' U14
6	<16.5	<16.1	<15.8	<15.4
5	16.5 - 18.0	16.1 - 17.8	15.8 - 16.5	15.4 - 16.1
4	18.1 - 19.6	17.9 - 18.4	16.6 - 18.0	16.2 - 17.4
3	19.7 - 20.9	18.5 - 19.9	18.1 - 19.3	17.5 - 18.5
2	21.0 - 22.0	20.0 - 21.3	19.4 - 21.0	18.6 - 19.5
1	>22.0	>21.3	>21.0	>19.5

Best of two (2) non-slip trials.

4. Bent Knee Sit-Ups (Maximum in 60 Seconds .. feet anchored)

Perf.

	Girls' U13	Girls' U14	Boys' U13	Boys' U14
6	>48	>50	>50	>54
5	40 - 48	43 - 50	45 - 50	50 - 54
4	33 - 39	37 - 42	40 - 44	44 - 49
3	24 - 32	28 - 36	30 - 39	36 - 43
2	15 - 23	18 - 27	20 - 29	22 - 35
1	<15	<18	<20	<22

5. Endurance (Shuttle Run) (National Talent Search)

Perf.

	Girls' U13	Girls' U14	Boys' U13	Boys' U14
6	>8-1	>8-2	>10-3	>11-00
5	6-1 - 8-1	6-1 - 8-2	8-1 - 10-3	9-0 - 11-00
4	4-1 - 6-0	5-0 - 6-0	6-1 - 8-0	7-0 - 8-11
3	3-1 - 4-0	3-4 - 4-9	5-1 - 6-0	5-6 - 6-10
2	2-3 - 3-0	2-5 - 3-3	2-5 - 5-0	3-5 - 5-5
1	<2-3	<2-5	<2-5	<3-5

A+ = 29-30 Points; A = 26 - 28 Points; B+ = 23 - 25 Points;
B = 20-22 Points C+ = 17 - 19 Points; C = 14 - 16 Points.

Total	Grade

Test protocols must be precisely applied.



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General Fitness Circuit

Test Protocols

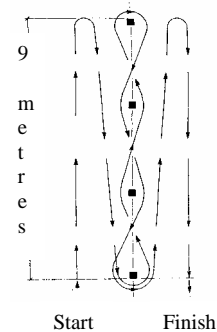
- 1. 20 Metres Flying Sprint:** Level running surface; grass or synthetic; 20m section clearly marked. Athlete accelerates over a distance of 15-20m aiming to achieve maximum speed at the first marker. Speed should be maintained past the second marker; it may be useful to place a third marker some 3-4m beyond the 20m test zone as a target to which speed is maintained. Time is recorded from a position 20m to the side of the mid-point of the test zone. Allow 1-2 practice efforts; then, best of two non-slip trials. Sneakers or bare feet are allowable (not running spikes). Times recorded to one-hundredth of a second.
- 2. Cricket Ball Throw:** Maximum run-up distance 10m. Athlete must stay behind the throwing line. Allow two practice throws. Record the distance thrown from the line to the closest landing point (aim for at least the nearest 10cm in measurement accuracy).
- 3. Agility Run:**

Allow at least two practice runs at less than 100% effort to encourage course familiarization.

Times measured to the nearest tenth of a second.

Athletes start from a prone position, hands beneath shoulders and just behind the starting line.

Best of two non-slip trials at maximum speed.

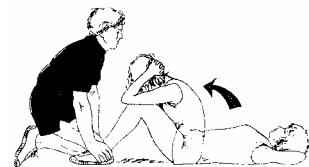


- 4. Bent Knee Sit-Ups:** Feet must be securely anchored (e.g. by a partner); knees bent at approximately 90°.

Hands interlocked behind the head and must remain so throughout;

athlete sits up until elbows make contact with knees / thighs.

Athlete and partner count completed sit-ups; maximum number completed in 60 seconds.



- 5. Multistage Fitness Test (Shuttle Run / Beep Test)**

Follow test preparations including testing cassette cadence, and measuring or adjusting the 20 metre test zone. Throughout the test, ensure the athlete reaches the end of the test zone (i.e. foot on the line) by the beep ... do not allow the athlete to "turn short". Two consecutive failures to reach the end zone results in the termination of the athlete's effort.

Record the final Level - Shuttle achieved.