

# CCSAM HIGH PERFORMANCE PROGRAM ATHLETE TESTING POLICY

## Approved by High Performance Committee September 30, 2008

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### Preamble

1. The CCSAM High Performance Committee (HPC) mandates that each athlete registered in the CCSAM High Performance Program (HPP) participate in a testing / training camp in the fall of each year.
2. "Fall" is defined as occurring after August 31<sup>st</sup> and before the first scheduled race on the CCSAM calendar.
3. Failure to attend a fall camp with the necessary testing components will result in forfeiture of the athlete's score card for that competitive season.
4. A testing camp must be sanctioned by CCSAM or another Division of Cross Country Canada (CCC) and/or conducted by a CCC registered coach or a coach otherwise approved by CCSAM (e.g. a Sport Manitoba affiliate).
5. A testing camp must include a critical speed test and physical strength test as per Cross Country Canada (CCC) guidelines.
6. It is important that these tests be standardized for results to be genuine and valid.
7. This policy will describe the procedures for conducting these tests.



### Purpose

8. The purpose of this policy is to provide clubs, coaches, athletes and volunteers the information necessary to coordinate and perform a CCC critical speed test and physical strength test in accordance with the protocols established by CCC and adopted by CCSAM.

### Policy

9. Critical Speed Test (CST) requirements:
  - a. A 200 – 400 meter hard surfaced, flat track – i.e. not gravel, turf, dirt or sand and with no elevation gain / loss.
  - b. A stopwatch that records minutes and seconds.
  - c. At least 1 certified coach with 1 assistant.
10. How to conduct a CST:
  - a. The CST consists of a 1000m run and a 3000m run (for Juveniles and Junior Boys / Girls) **or** a 4000m run (from Junior Men / Women and older).
  - b. Have the athletes individually run 3000m or 4000m and record the time on the Critical Speed calculator (can be obtained from the CCSAM office).
  - c. Break for at least 2 hours.
  - d. Have all athletes individually run 1000m and record time on the Critical Speed calculator.
  - e. Record the results as indicated on the calculator and send to the CCSAM office. Alternatively, send times to CCSAM office for calculations. Please ensure that athlete's name and birth year are indicated next to their run times.
11. Strength Test requirements:
  - a. Pull up bar, box suitable for box jumps (must be 16" from ground), apparatus suitable for dips (e.g. bench or chair ~16" from ground).
  - b. Watch to track 1 minute intervals.
  - c. Whistle to announce 1 minute intervals.
  - d. At least 1 certified coach and 5 assistants.
12. How to conduct a CCC strength test:

- a. Athletes have 1 minute to perform each exercise with 1 minute rest in between. Assistant or coach to blow whistle to announce each 1 minute interval.
- b. Athletes must perform the exercises precisely as described. Each instance of incorrect form (as described below) must not be included in the final result.
- c. Exercises must be conducted in the following order:
  - i. Pull Ups
  - ii. Sit Ups
  - iii. Push Ups
  - iv. Box Jumps
  - v. Dips
- d. Exercise protocol:

<p><b>Pull Ups</b> – pronation grip (back of hands facing you), hands wider than shoulders to allow 90° angle of upper arms when they are parallel to ground. Legs may be bent but no swinging allowed. Chin must be over bar to score as 1 rep.</p>	
<p><b>Sit Ups</b> – knees bent at 90° and feet anchored, arms crossed in front and grasping opposite shoulder, elbows must touch knees no further down than 4" (10 cm) from top of knees and lower tip of shoulder blades must touch ground to count as 1 rep.</p>	

**Push Ups** – hands below and slightly wider than shoulders, upper arms must be parallel to floor at lowest point and fully extended at highest point. Body must remain fairly straight throughout exercise.



**Box Jumps** – box must be 16” (40cm) from ground, feet together, majority of foot must land on box (i.e. There must be some pressure on the heels).



v. Dips – arms and feet elevated off ground, arms as with push ups – parallel to ground at lowest point and fully extended at highest point.



e. Calculating results:

i. Number of pull ups x 3 = Pull Ups result

ii. Add this number to the total # of each of the exercises (performed correctly):

iii. Pull Ups x 3 + Sit Ups + Push Ups + Box Jumps + Dips = Total Score.

iv. Record the athlete's name, birth year and total score.

v. Send all results to the CCSAM office immediately after the test.

13. This policy is subject to annual review.