



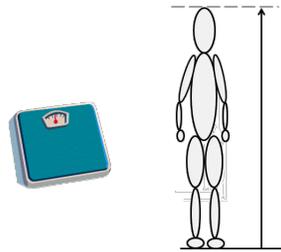
## Body Mass Index

(1 Volunteer / 2 Minutes)

**Objective:** The athlete's weight and height will be measured to determine their Body Mass Index (BMI).

**Materials:** Portable Weighing System or Scales, Measuring Tape

**Set-Up:** Remove Portable Weighing System from bag and place on level surface. If using scales and measuring tape it is ideal to have height measured against a wall or tent pole (if outside).



### Procedure:

1. Ask the athlete to remove shoes.
2. Ask athlete to step on scale.
3. Record athlete's weight on Strive Assessment Sheet.
4. Retract height measuring stick from scales or use measuring tape.
5. Ask athlete to stand up straight and measure height.
6. Record athlete's height.
7. Ask athlete to proceed to the Sit and Reach station with their shoes off.
8. If athlete was not wearing socks, use disinfecting wipes on scales.

**Scoring:** Both weight and height is recorded. BMI will be calculated at end of assessment.



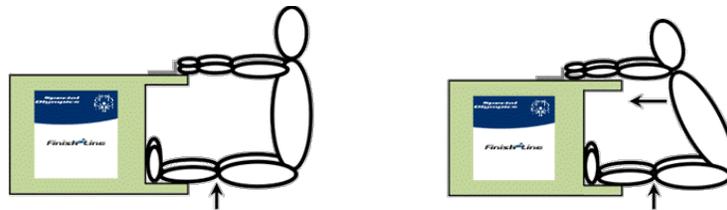
## Flexibility: Sit and Reach

(1 Volunteer / 2 Minutes)

**Objective:** The Sit and Reach test will assess the flexibility of an athlete's hamstring and lower back muscles.

**Materials:** Sit and Reach Box, Mat

**Set-Up:** Assemble the sit and reach box before the Strive event begins. Detailed instructions are located inside the cardboard box along with all of the supplies. Once the box has been assembled, place the Finish Line sticker on each side of box. Place Sit and Reach Box on a level surface, on top of a mat against a wall of possible.



### Procedure:

1. Athlete should still have shoes removed from the previous station.
2. Instruct the athlete to sit down in-front of box, placing feet flat against sit and reach box, knees locked and sitting upright with their shoulders back.
3. Athlete puts arms in front of their body, overlapping their hands one on top of another, similar to a swimming dive.
4. If the box is not against the wall, make sure to secure the box to prevent it from moving by placing your hand or foot against the box.
5. Athlete extends and places fingertips against the metal piece on top of box.
6. Keeping their legs straight, athlete will bend at the waist and in a slow movement slide the piece of metal as far as possible. \*\*Attempts are INVALID, if an athlete bounces to move metal marker further or bends their knees.
7. Repeat the test three (3) times, sliding the metal piece back to start each time.
8. Clean the sit and reach Box with a disinfecting wipe after each athlete.

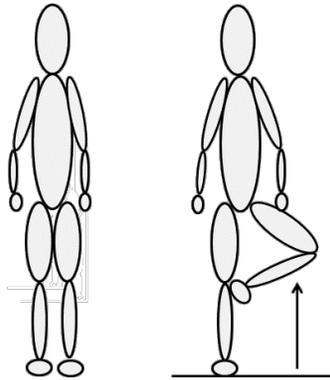
**Scoring:** Record all three attempts, reach on the sit and reach box by the athlete on the athlete assessment sheet.

## Balance: One Leg Stand

(1 Volunteer / 1 Minute)

**Objective:** The One Leg Stand tests the athlete's postural control and balance.

**Materials:** Stop Watch



### Procedure:

1. Explain and demonstrate the procedure to the athlete, allowing for a practice test.
2. Ask the athlete to choose a dominant leg. This will be the leg that remains straight.
3. Have the athlete put the heel of one foot on the knee of their inner side of the dominant leg chosen so that the thigh is rotated outward. **If an athlete is unable to balance with foot on the inside of knee, a modification of bending the knee and holding foot off the ground can be conducted. Please note on Strive Assessment sheet that modification was conducted.**
4. Arms hang relaxed at side.
5. After a practice run, give the athlete a few seconds before attempting a second time which will be the test.
6. Start the stopwatch as soon as the athlete is balanced.
7. Athlete is given a maximum of 60 seconds to balance on one foot.

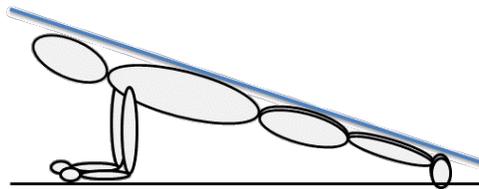
**Scoring:** Time is recorded at 60 seconds or when athlete loses balance.



## Core Strength / Stability: 60 Second Plank Hold (1 Volunteer / 2 Minutes)

**Objective:** The athlete will be assessed on core stability and strength.

**Materials:** Mat, Dowel Rod, Stopwatch



### Procedure:

1. Instruct the athlete to lie down on their stomach.
2. Position the athlete with toes pointed towards their shins and elbows placed underneath their shoulder with forearms resting on the floor.
3. Ask the athlete to lift hips off the ground creating a straight line with their body starting from their shoulders to hips to ankles.
4. Place the dowel rod on athlete's back touching 3 points of contact: The top of the hip, the upper part of the back and the back of the head. This indicates the correct position.
5. Start the stopwatch when athlete is in position.
6. Athlete holds plank position for 60 seconds if possible. Stop athlete at 60 seconds or record time when the athlete can no longer hold the position.

**Scoring:** Record the number of seconds up to 60 that the athlete holds the plank position.



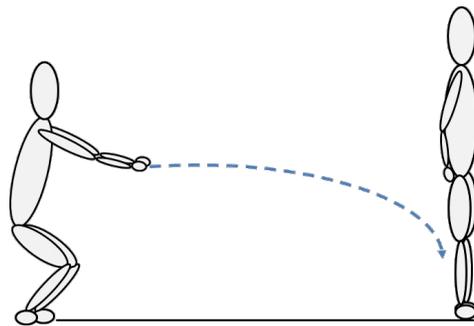
## Lower Body Power: Broad Jump

(1 Volunteer / 2 Minutes)

**Objective:** The athlete will be assessed on lower body explosive muscular strength.

**Materials:** Measuring Tape, Tape

**Set-Up:** Identify and mark a start line on the floor with tape. From the start line, place and extend the tape measure to 3.65 m (12ft). The start line will be the zero mark for the tape measure. Secure the measuring tape in place with tape at every foot.



### Procedure:

1. Position the athlete behind the start line with feet hip width apart.
2. Ask the athlete to squat at the hips and knees.
3. Athlete jumps as far as possible landing with both feet solidly planted.
4. Measure from the back of the athlete's foot.
5. Athlete repeats test twice.

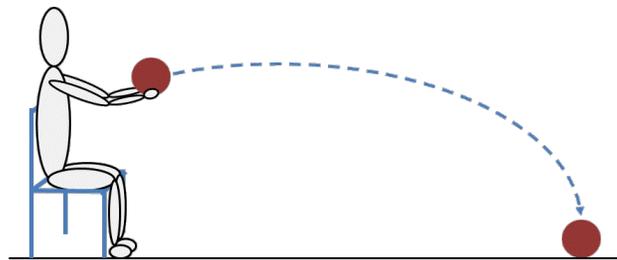
**Scoring:** Record both trials.



## Upper Body Power: Seated Medicine Ball Throw (2 Volunteers / 4 Minutes)

**Objective:** The athlete will be assessed on upper body power and explosiveness.

**Materials:** Medicine Balls -2lb and 4lb, One Folding Chair, Tape Measure, Four Oval Markers



### Procedure:

1. Instruct the athlete to sit down on the chair upright and shoulders back, with back flat against the chair.
2. Give the appropriate medicine ball to the athlete. Female athletes are given 2lb medicine ball and male athletes are given 4lb medicine balls.
3. Ask athlete, while holding medicine ball, to extend their arms in front of their body and drop the ball directly in front of them.
4. Mark the spot where ball was dropped with marker.
5. Give the ball back to the athlete; instruct them to hold the ball at chest level and push/throw as far as possible.
6. Mark the spot where ball first hits ground.
7. Repeat two additional times for a total of 3 attempts, marking each location. Using a tape measure, record the distance between the first marker and all other markers after the three attempts are completed.

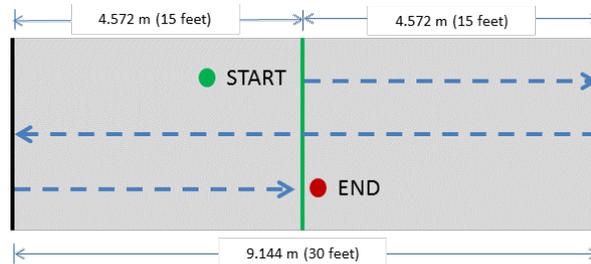
**Scoring:** The three attempts are recorded.

**Agility: 5-10-5 Agility Test****(1 Volunteer / 3 Minutes)**

**Objective:** The athlete's ability to accelerate, decelerate and change direction both left and right will be assessed.

**Materials:** Tape, Measuring Tape, Three Cones, Stop Watch, Tape

**Set-up:** Measure a distance of 9.144m (30ft) to determine the overall space for this test. Place the first cone on the ground at the 0 mark. Measure 4.572m (15ft) from the first cone and place the second cone. From the second cone measure another 4.572m (15ft) and place the third cone, so that the three cones form the points of a triangle. Using tape make lines at all three cones running parallel to each other on the ground.

**Procedure:**

1. Walk the athlete to the center of the test area, which will be in the middle.
2. Ask the athlete to place their feet on each side of the line marked for the middle cone location. Walk the athlete through the steps that follow.
3. Athlete will pick which direction they desire to go either left or right. i.e. which hand they throw with or foot they kick with.
4. Instruct the athlete to run to the first cone in the direction they chose and touch line.
5. Whichever side the athlete goes that will be the hand they touch the line with.
6. Again, the athlete will run to the opposite side and touch the line with the other hand. DO NOT let the athlete use the same hand twice when touching the lines.
7. After second touch, the athlete will run back as fast as they can through the start line in the middle.
8. When athlete is ready, say go and begin stopwatch.
9. Stop the stopwatch once athlete finishes test by going through start line in middle.

**Scoring:** Athlete's time will be recorded in seconds.



## Upper Body Endurance: Push-Ups (1 Volunteer/1 Minute)

### Objective:

The athlete will be assessed on upper body muscular strength and endurance.

**Materials:** Mat, Dowel Rod, Small Ball



### Procedure:

1. Ask athlete to get down on the mat in push-up position. Legs extended, back straight. Males will conduct the test on their toes and females will be on their knees. **Place small ball underneath athletes' chest. Athletes who are not able to complete a push-up on the ground can do a wall push-up. Demonstrate test.**
2. Instruct the athletes to place arms shoulder width apart with hands flat on the ground.
3. Place a dowel rod on the athlete's back touching three points indicating correct positioning. The three points of contact include: top of hip, upper part of back and back of head.
4. Athlete lowers their body down to elbows at a 90 degree angle with dowel rod staying with all three points, touches ball with chest and brings self back-up indicating a proper push up.
5. For wall push-ups, athlete stands facing wall, with hands on wall shoulder level arms straight. Legs behind the body on balls of feet. Athlete leans into wall by bending arms keeping legs in place. Do not allow athlete to arch back.
6. Ask the athlete to perform as many push-ups as they can, making sure proper form is used each time.
7. Count the number of proper push-ups. *Do not count incorrect push-ups, even if attempted. The goal of Strive is to measure baseline and progress fitness levels and this is only possible if all recorders score the same way. Record correct number of push-ups.*
8. Athlete receives one cue from volunteer that the correct position has been broken. Volunteer can even fix, but if athlete drops into wrong positioning again, the test is done.

### Wheelchair Push Ups:

Apply the brakes/lock on wheels and fully loosen or unbuckle seat belt. Have athlete place hands on each side of wheelchair on top of the arm rests or wheels. Ask athlete to lift body a few inches off the seat until arms are straight, without using legs for support. Have athlete hold for a second and then slowly lower back down to seat.

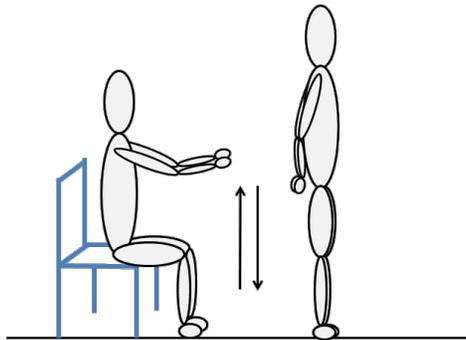


## Lower Body Endurance: 30 Second Sit and Stand

(1 Volunteer / 1 Minute)

**Objective:** The athlete will be assessed on lower body muscular endurance.

**Materials:** Folding Chair, Stop Watch



### Procedure:

1. Demonstrate the 30 second sit and stand test showing the proper form for sitting and standing back up from the chair.
2. Position the athlete to stand in front of the chair with feet hip width apart.
3. Instruct the athlete to sit on the chair and stand back up without using their arms on chair, knees or walking aid.
4. Start the stopwatch as the athlete makes first movement to the chair.
5. Count how many times athlete sits and stands without assistance in 30 seconds.
6. Athlete is given one cue to not use arms on anything, just bodyweight. If athlete continues to use assistance before the end of 30 seconds end the test.

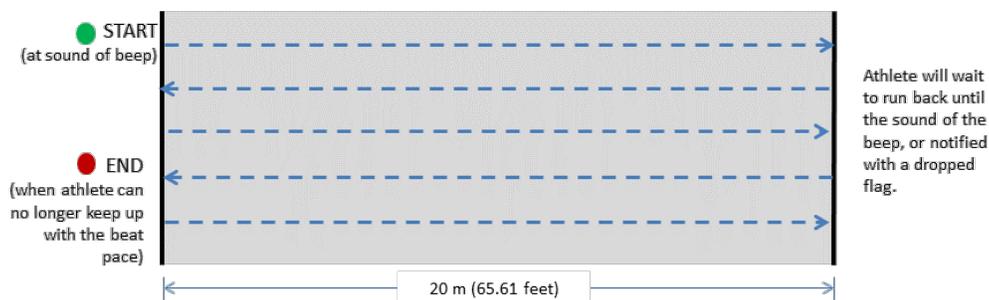
**Scoring:** Record how many completed correct repetitions the athlete does within 30 seconds or once they are unable to continue.



## Cardiorespiratory Endurance: 20 Meter Shuttle Run

(3 Volunteers/1 – 12 Minutes)

- Objective:** Assess the athlete's cardiovascular fitness and endurance.
- Materials:** Measuring Tape, Four Cones, Bleep Test App (free download on any smart phone by Bitworks on iTunes), Flags, Tape
- Set-Up:** Measure a distance of 20m (65.61') in the designated test area. Place one cone on the ground and measure 20m (65.61') distance and place the second cone. Using tape make parallel lines at both ends of 20m placing a cone at each end of tape.



### Procedure:

1. Explain and demonstrate the test by running to the 20m mark before the beep/flag and returning back to the start position after the second beep. A practice lap with athletes can be demonstrated.
2. Position the athlete at the starting position behind the first line facing the opposite line. Start the beep test app, say go and drop the flag as a visual cue to instruct athletes to run to the next line where they will stop and await the next beep/flag cue. \*\*Remind athletes to start at a slower pace as beep speeds up as test continues.
3. Tell the athletes to watch when the flag drops to start running back to the other line.
4. Test ends when athlete does not make it back to line before the next beep.

**Scoring:** Scoring is recorded by how many laps an athlete completes. This is shown on the Bleep test app.