

TRAIN Assessment Recording Sheet

Name: _____

Date: _____

Sports Competed in _____

SPEED/ AGILITY

Station Number	Test	Raw Score
1	10 Meter Shuttle Run	secs

POWER

Station Number	Test	Raw Score		
2	Medicine Ball Throw	meters		
3	Vertical Jump	Starting Measurement	Ending Measurement	Difference
		cm	cm	cm

STRENGTH

Station Number	Test	Raw Score
5	Wall Sits	secs
6	Regular Push-Ups	completed
	Knee Push-Ups	completed

COORDINATION

Station Number	Test	Raw Score
8	Catching and Throwing	completed
9	Dribbling a Soccer Ball	Time
		secs

BALANCE

Station Number	Test	Raw Score
10	Walk a Line	steps

FLEXIBILITY

Station Number	Test	Raw Score
12	Sit and Reach	cm

AEROBIC ENDURANCE

Station Number	Test	Raw Score
13	3 Minute Step Test	bpm

Best Skills: _____

Skills to Improve: _____

Sports to Try: _____



***Special
Olympics***



REGISTRATION

Station

1

S

SH

UTTLE

E

R

UM

N

Station

2

MEDICINE

BALLET

THROW

Station

3

VERTICAL

JUMP

Station

4

JUMP

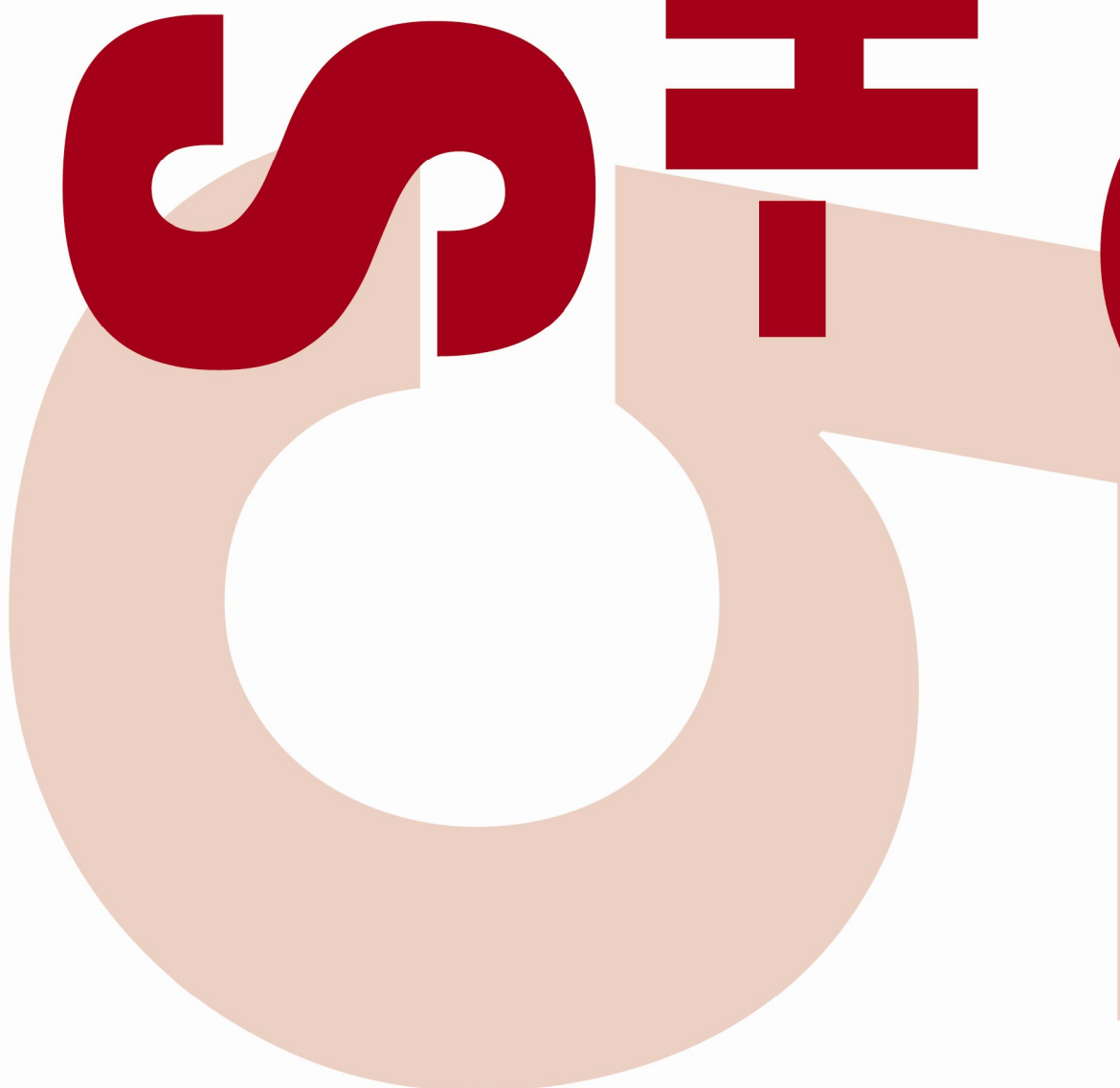
START

Station 5

5

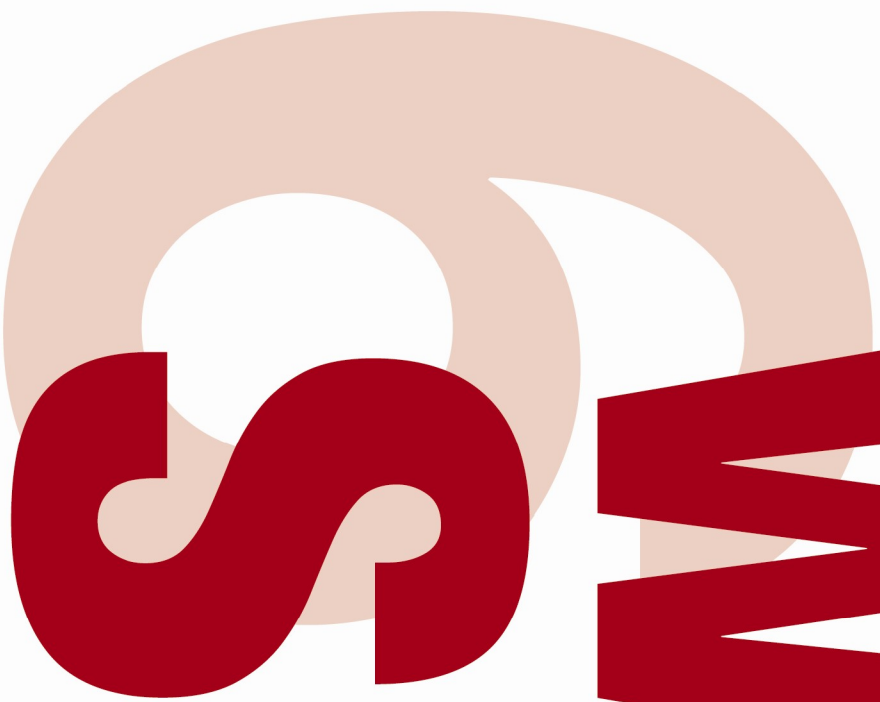
PUSH-

UPS



Station 6

WALLS



Station 7

TOSS

GAME

Station 8

**CATCHING
AND
THROWING**

Station 9

**DRIBBLING
A SOCCER**

BALL

Station

10

WALKA

LINE

Station

11

DININGS
DETECTIVE

Station

12

SIT &

REACH

Station

13

**3 MIN
STEP TEST**

Station 14

SMAP
COMSULTANT

Making a Balanced Plate

Balanced Plate

The balanced plate is a tool to assist in educating athletes about different food groups, the importance of eating a variety of foods at each meal, and the functions of each food group. This information is reinforced at the three nutrition stations. Ideally, athletes will be sent home with a Balanced Plate Placemat which will serve as a visual prompt of what their plate should look like. If a placemat is unavailable, athletes should be sent home with a paper plate that has the colored section it to serve as a visual representation for the athlete.

Steps to making a balanced plate

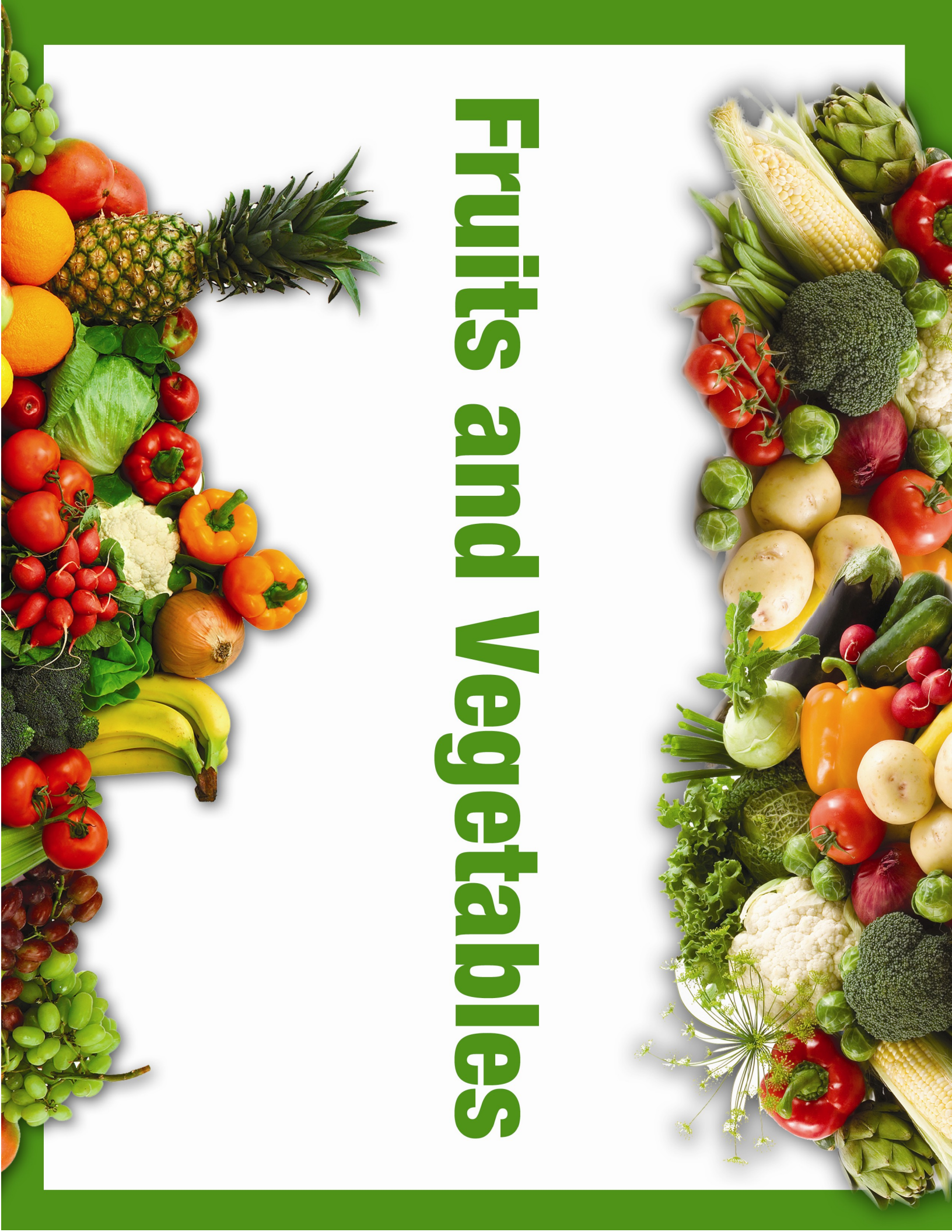
1. Gather paper plates and coloring utensils (green, red, orange, and blue).
2. Draw a circle about the size of a golf ball in the middle of the plate.
3. Draw a line down the middle of the plate.
4. Draw a line down the middle of one of the halves.
5. Label the circle Dairy; color blue.
6. Label the half Fruits and Vegetables; color green.
7. Label $\frac{1}{4}$ Meats and Beans; color red.
8. Label $\frac{1}{4}$ Grains; color orange.



Dairy



Fruits and Vegetables





Grains



Meats and Beans



Beans

Lunch

Meat

Meatballs

Pancake

Spaghetti

Bread

Grapes

Strawberry

Orange

Tomato

Celery

Carrots

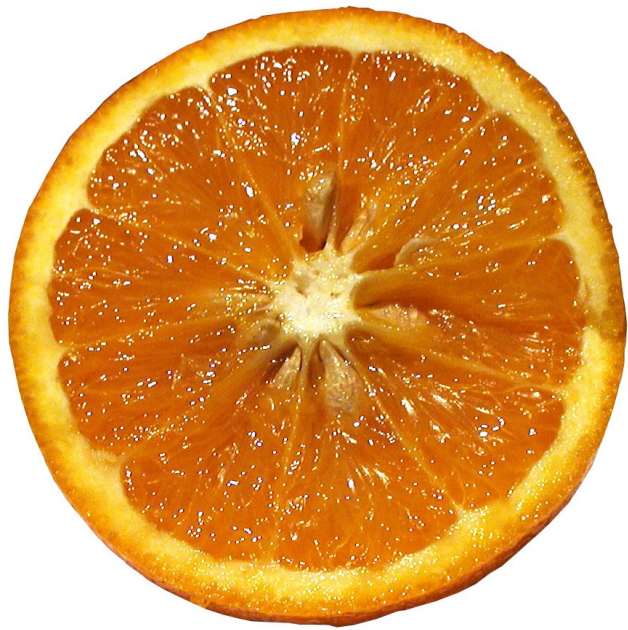
Milk

Yogurt













- **Shrimp**
- I have protein which builds muscle.
- Chicken and beans are in the same food group with me.

- **Oatmeal**
- I give your body energy.
- Bread and crackers are in the same food group with me.

- **Broccoli**
- I keep your body healthy and aid in healing.
- Carrots and lettuce are in the same food group with me.

- **Peach**

- I keep you healthy and aid in healing.
- Apples and bananas are in the same food group with me.

- **Cottage Cheese**

- I help strengthen your bones.
- Yogurt and milk are in the same food group with me.



Broccoli



Peach



Oatmeal



Cottage Cheese



Shrimp

1. Meats and Beans

- I am usually eaten at breakfast.
- I come from a chicken.
- I am white with a yellow center.

ANSWER- Egg

2. Meats and Beans

- You can buy me at a deli.
- I go great on sandwiches.
- I can be white or pink and round.

ANSWER- Lunch Meat

3. Meats and Beans

- I lay eggs.
- You eat me in soup with noodles when you get sick.
- I am light brown.

ANSWER- Chicken

1. Grains

- I make a great breakfast food.
- You can put things on of me like blueberries and maple syrup.
- I am round and golden brown.

ANSWER- Pancakes

2. Grains

- You can heat me up in the morning in a toaster.
- I make great sandwiches.
- I am the shape of a square and can be either white or brown.

ANSWER- Bread

3. Grains

- I am a good side dish.
- I taste delicious when I am hot out of the oven.
- I am golden brown.

ANSWER- Roll

1. Fruits and Vegetables

- I taste good on shortcake.
- I have lots of tiny seeds.
- I am red and have a green leafy stem.

ANSWER- Strawberry

1. Fruits and Vegetables

- You peel me to eat me.
- I am in the shape of a smile.
- My peel is yellow, and my inside is white.

ANSWER- Banana

2. Fruits and Vegetables

- I grow in orchards.
- When you take a bite, I am crunchy.
- My skin is red and my inside is white.

ANSWER- Apple Slices

2. Fruits and Vegetables

- I grow in a stalk.
- People like to put peanut butter on me for a snack.
- I am green and long.

ANSWER- Celery

3. Fruits and Vegetables

- I grow in a pod.
- You can buy me fresh, frozen, canned, or in soup.
- I am small, round, and green.

ANSWER- Peas

3. Fruits and Vegetables

- I come in different forms: stick or baby.
- When you take a bite, I am crunchy.
- I am orange.

ANSWER- Carrots

1. Dairy

- I come from a cow.
- I come in flavors like chocolate or strawberry.
- I am a white liquid.

ANSWER- Milk

2. Dairy

- I come in many forms: cubed, sliced, or string.
- I come on pizza.
- I am yellow.

ANSWER- Cheese

3. Dairy

- I come from a cow.
- I come in flavors like chocolate or strawberry.
- I am a white liquid.

ANSWER- Milk

Egg

Lunch
Meat

Chicken

Pancake

Bread

Roll

Strawberry

Banana

Apple

Celery

Carrots

Peas

Milk

Cheese









