



Strive

Program Guide
February 9, 2015

FinishLine

Special Olympics



Contents

EXECUTIVE SUMMARY.....	3
BACKGROUND.....	3
METHODOLOGY	3
RUNNING A Strive EVENT	4
OVERVIEW	4
WHAT YOU NEED.....	4
TIME (Per Athlete)	4
GETTING STARTED	4
SET-UP (APPROXIMATELY ONE HOUR)	5
ASSIGNING VOLUNTEERS	6
Strive BEGINS.....	7
Registration.....	7
Assigning Mentors (1 Volunteer per Athlete).....	7
Begin the Stations	7
VOLUNTEER STATION INSTRUCTIONS	8
1. Body Mass Index	8
2. Flexibility: Sit and Reach	9
3. Balance: One Leg Stand	10
4. Core Strength/Stability: 60 Second Plank Hold	11
5. Lower Body Power: Broad Jump	12
6. Upper Body Power: Seated Medicine Ball Throw	13
7. Agility: 5-10-5 Agility Test	14
Upper Body Endurance: Push-Ups	15
9. Lower Body Endurance: 30 Second Sit and Stand	16
10. Cardiorespiratory Endurance: 20 Meter Shuttle Run	17
Strive ENDS.....	18
SNAPPER Station	18
During SNAPPER Station	18
Ending SNAPPER Station	18
SUPPLEMENTAL STATIONS	19
Coaches Corner Station	20
Hydration Stations.....	21
Nutrition Station.....	22

EXECUTIVE SUMMARY

BACKGROUND

Strive has been designed by professionals in the Exercise Science industry to provide information about a Special Olympics Athlete's current state of physical fitness. Typically, both fitness-related and skill-related components are assessed to provide a comprehensive evaluation (ACSM, 2014). Such an assessment includes tests and measurements of the 4 characteristics of physical fitness: 1) body composition, 2) cardiorespiratory fitness, 3) muscular fitness, and 4) flexibility, as well as skill-related characteristics: 1) agility, 2) coordination, 3) balance, 4) power, and 5) speed. Overall, such a comprehensive assessment provides information about the characteristics or attributes that an athlete possesses that relate to his or her ability to perform physical activity.

In continuing the mission of providing opportunities for Special Olympics athletes to improve their performance in their given sport while becoming more fit, Strive has been designed to provide a baseline measurement of athletes' fitness prior to beginning an eight- ten week training period for a chosen sport. Coaches will be encouraged to include elements within their training period to focus on improving physical fitness in the areas listed above. Finally, coaches will be encouraged to conduct a Strive assessment again after completing the training period to record and monitor improvements and encourage athletes to improve their performance and continue the quest for their personal best.

METHODOLOGY

Strive has been designed taking into account the limited equipment, space and time Special Olympics coaches have when conducting practices. An assessment to be implemented at the local level, Strive Core, includes five stations that can be conducted by a local coach with minimal time, space and supplies. Strive will also be conducted at large Special Olympics events such as Summer Games. This assessment is a tool our entire community can utilize. Encourage Unified Partners, coaches, parents, caregivers and siblings to go through alongside their athletes.

A revision of the SNAPPER software, created for Strive, has been made to capture the ten station assessment recordings and provide the athlete with a snapshot of their current level of fitness and goals towards making improvement in their scores. Coaches who use the Strive CORE assessment at the local level will soon be able to do so via the Athlete Training App and currently can do so via paper forms available online.

RUNNING A Strive EVENT

OVERVIEW

Strive can easily run at events where there is a source of volunteers (Finish Line employees, athlete leaders, Unified Partners or other volunteers) to implement the tests. Coaches who wish to use an assessment tool with their teams and who do not have a ready source of volunteers may prefer the simplified Strive CORE included in the Strive Program Guide and on the Athlete Training App.

When Strive is implemented at a major event, the greatest impact in these cases is using the event to educate coaches on the value of incorporating the assessment locally. A Coaches Corner is a key component of Strive at major events and should be included if at all possible.

WHAT YOU NEED

- 1 Strive Kit
- Space of 9.144 x 24.38400 meters (30 feet x 80 feet)
- Computer for SNAPPER (either downloaded program or internet connection)
- Printer (not required but recommended)/Power for computer & printer

TIME (Per Athlete)

- Registration: 3 minutes
- Ten Fitness Stations: 35 minutes
- Additional Stations: Nutritional and Coaches Corner (at major events to educate coaches on using Strive CORE locally). 3- 10 minutes
- SNAPPER/Results: 5-8 minutes

GETTING STARTED

Prior to running a Strive event, you must have access to SNAPPER. This program has been retooled for Strive. SNAPPER allows for access through the desktop (Windows operating systems only) or the website. The desktop version allows for data input even if there is not an internet connection. You can download the program at <https://snapper.specialolympics.org/static/media/SNAPPER-2.2.3-win32.zip> or visit the website at <http://snapper.specialolympics.org>.

New and former users of SNAPPER will need to download the new version listed above.

For new users of SNAPPER v.2.2.3 You must request access for SNAPPER regardless of whether you are using the download or the online version. Open the program or visit it online. Click on the link that says, "request an account" under the sign in to SNAPPER headline. Complete the information so that a request for creating an account can be sent to SOI. Once accepted, an email will be sent to the email address provided, notifying you of your acceptance. Next, you must click the link provided in the email and set-up your SNAPPER account. Once the account is set-up, you will be able to log-in to the system.

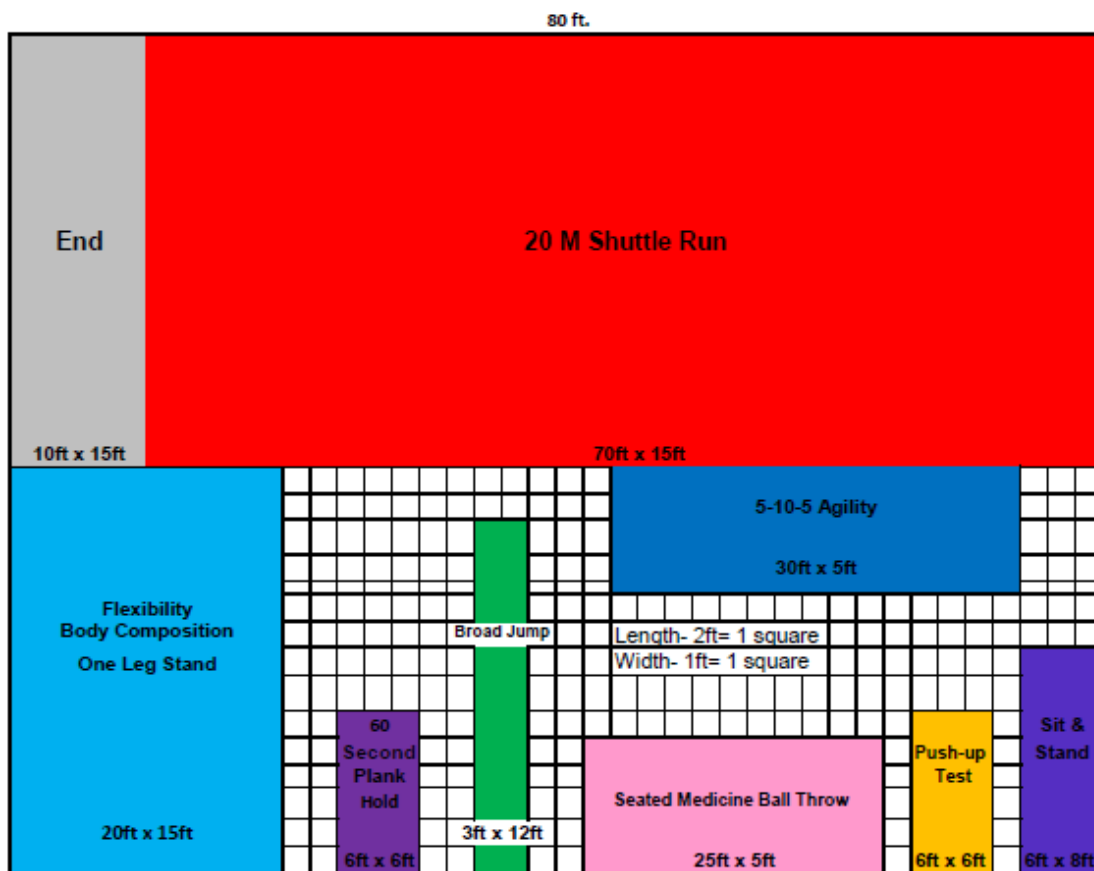
For users with access to an older version of SNAPPER. After downloading the new version, you can login to SNAPPER as usual with your login information. You will then have the option to choose between two databases. Select the one named **Strive**.

After logging in, you will have the option of selecting an existing event (left side of the screen), or creating a new event (right side of the screen). Once you have selected/created an event, you will be ready to upload all of the athlete’s results upon the completion of Strive. Another option is to view any results from other Strive events that have taken place.

Note: In order for Strive to be uploaded to the SNAPPER data system, internet connection is required. Data can still be entered without a connection, but won’t upload until an internet connection exists.

SET-UP (APPROXIMATELY ONE HOUR)

The ideal space needed to run the ten stations for Strive is 9.144 x 24.38400 meters (30' x 80'). Additional space would be preferable for the nutrition and Coaches Corner stations. The suggested Strive set-up can be found below.



ASSIGNING VOLUNTEERS

Included in your Strive Kit are laminated handouts for each station. Volunteers will read these handouts and perform the activities within their station before the event starts in order to understand what the station entails. It is critical to administer the stations correctly to ensure the accurate measurements are captured.

Volunteer Assignment		
	Minimum	Ideal
Registration	2	2
1. BMI	1	2
2. Flexibility	1	2
3. One Leg Stand	1	2
4. 60 Second Plank Hold	1	2
5. Broad Jump	1	2
6. Seated Med Ball Throw	2	3
7. 5-10-5 Agility Test	1	2
8. Push-up Test	1	2
9. 30 Second Sit and Stand	1	2
10. 20 Meter Shuttle Run	2	4
SNAPPER	1	2
Supporting Stations		
Nutrition Stations (2)	1	2
Coaches Corner (To Be Developed)	1	2
Total Number of Volunteers	17	30 - 45

Strive BEGINS

Registration

Each athlete will register at the table labeled Registration. Volunteers at the registration table should gather all of the information listed at the top of the Strive Recording Sheet. This information includes: athlete's first name, last name, date of birth, coach's name and delegation.

Assigning Mentors (1 Volunteer per Athlete)

After registration, if available, assign one mentor (volunteer) to assist the athlete through the stations. If a limited number of mentors are available, athletes can be paired and assigned one mentor. If a mentor is not available, the athlete will be given their Strive Recording Sheet on a clipboard and proceed to the first station.

Mentors duties will be:

- Make sure the athlete completes each station
- Recording athlete's raw scores and measurements in the appropriate box on the Strive Recording Sheet
- Encouraging the athlete

Begin the Stations

Both the athlete and mentor (if available) will begin at Station 1: Body Mass Index. It is highly recommended that each station is completed in order as the stations were designed to stretch and work different muscle groups throughout the assessment.

It is not recommended but, if stations become backed up by more than five athletes and there are vacant stations, athletes may move on to an empty station after the second testing station (Sit and Reach). Since Strive participants will be asked to remove their shoes, the first two stations should always be administered after Registration. The final test should also be the 20 Meter Shuttle Run, because of the time and effort to complete the test. Please advise the volunteer running the station that you have gone out of order due to lines.

VOLUNTEER STATION INSTRUCTIONS

1. Body Mass Index (1 Volunteer/2 Minutes)

Objective:

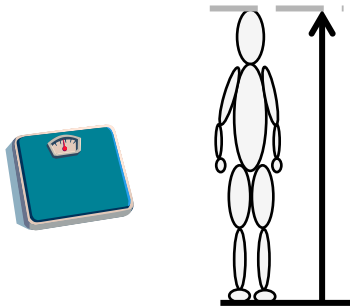
The athlete's weight and height will be measured to determine their Body Mass Index (BMI).

Materials:

Portable Weighing System or Scales, Measuring Tape

Set-Up:

Remove Portable Weighing System from bag and place on level surface. The height should be measured against a wall or tent pole, if outdoors.



Procedure:

1. Ask the athlete to remove shoes.
2. Ask athlete to step on scale.
3. Ask athlete to move to measuring stadiometer or measuring tape.
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.

2. Flexibility: Sit and Reach (1 Volunteer/2 Minutes)

Objective:

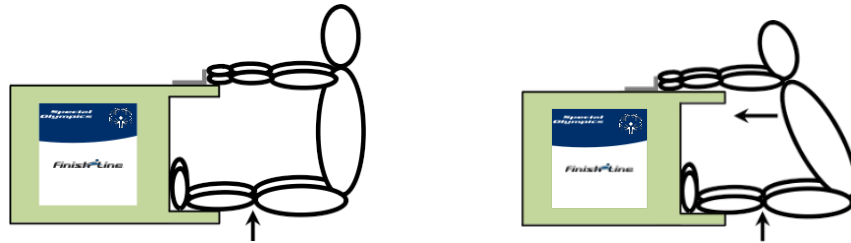
The Sit and Reach test will assess the flexibility of an athlete's hamstring and lower back muscles.

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 mat and Sit and Reach Box on a level surface, the box should be against a wall when available.



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, do not record measurement 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 in centimeters.

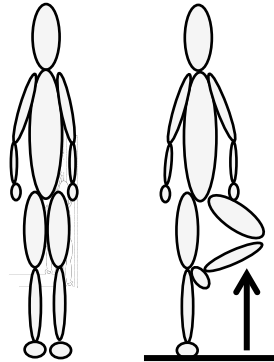
3. Balance: One Leg Stand (1 Volunteer/1 Minute)

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. **Modification can be used if athlete is not able to place foot on inner knee they may stand with knee bent and foot held off the ground.** Note modification on Strive Assessment Sheet.
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 up to 60 seconds or when athlete loses balance.

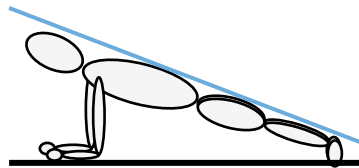
4. Core Strength/Stability: 60 Second Plank Hold (1 Volunteer/1 Minute)

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:

Time is recorded up to 60 seconds or when the athlete can no longer hold the plank position.

5. Lower Body Power: Broad Jump (1 Volunteer/2 Minutes)

Objective:

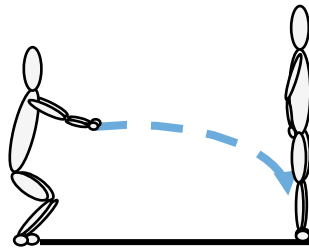
The athlete will be assessed on lower body explosive muscular strength.

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 (12"). 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 measurements in meters.

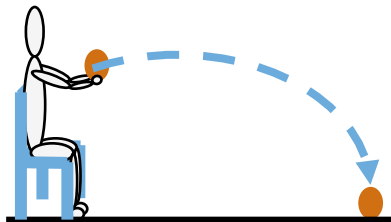
6. Upper Body Power: Seated Medicine Ball Throw (2 Volunteers/4 Minutes)

Objective:

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

Materials:

Medicine Balls -2 lb. and 4 lb., One Folding Chair, Tape Measure, Four Oval Stone 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 2 lb. medicine ball and male athletes are given 4 lb. 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:

Record the three attempts in meters.

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

Objective:

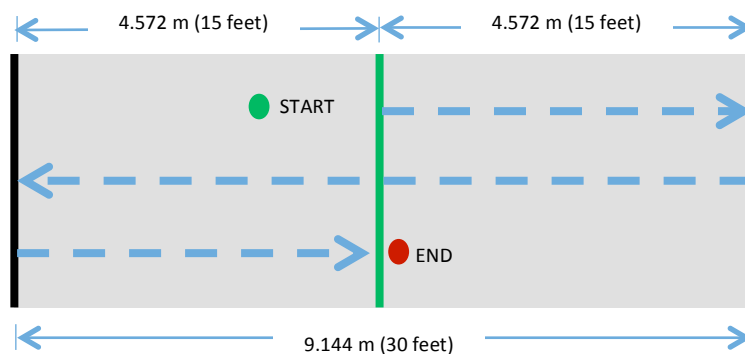
The athlete's ability to accelerate, decelerate and change direction both left and right will be assessed.

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.
2. Ask the athlete to place their feet on each side of the line marked for the middle cone location.
3. At this time, walk the athlete through the steps that follow.
4. Athlete will pick which direction they desire to go, either left or right.
5. Instruct the athlete to run to the first cone in the direction they chose and touch the line
6. Whichever side the athlete goes that will be the hand they touch the line with.
7. 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 they touch the lines.
8. When athlete is ready, say go and begin stopwatch. Stop stopwatch when complete.

Scoring:

Record the athlete's time in seconds.

8. 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. Explain and demonstrate test.
2. 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.**
3. Instruct the athletes to place arms shoulder width apart with hands flat on the ground.
4. 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.
5. 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.
6. 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 number of correct 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 the 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 your legs for support. Have athlete hold for a second and then slowly lower back down onto seat.

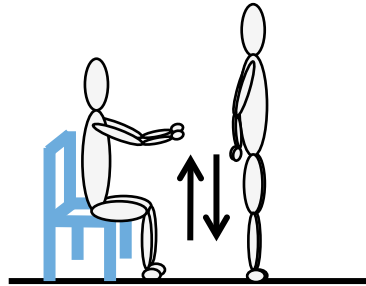
9. Lower Body Endurance: 30 Second Sit and Stand (1 Volunteer/1 Minute)

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.

10. Cardiorespiratory Endurance: 20 Meter Shuttle Run (1-3 Volunteers/2 – 12 Minutes)

Objective:

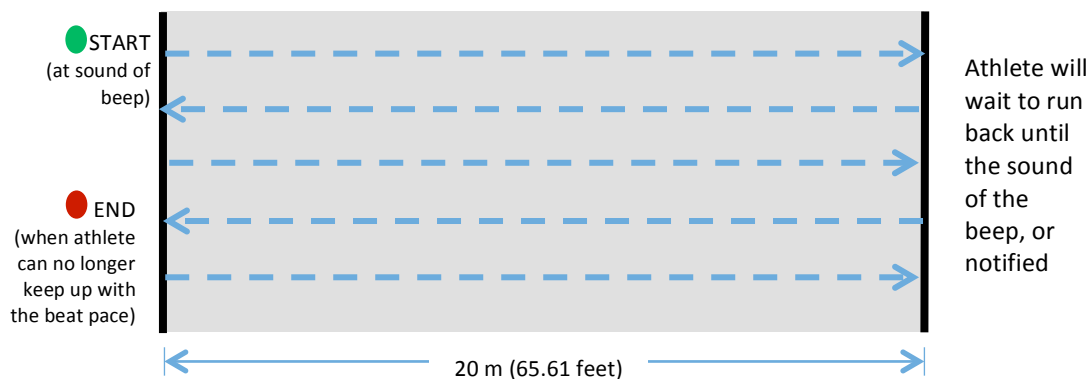
Assess the athlete's cardiovascular fitness and endurance.

Materials:

Measuring Tape, Four Cones, Bleep Test App (free download on any smart phone from Bitworks Design on iTunes), Flags, Tape

Set-Up:

Measure a distance of 20m (65.61ft) in the designated test area. Place one cone on the ground and measure 20m (65.61ft) 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.

Strive ENDS

SNAPPER Station

The SNAPPER volunteer entering the athlete's information and results must:

- Open SNAPPER on the computer
- Login
- Select or create an event

Each mentor or SNAPPER volunteer makes sure of the following:

- The athlete has completed each of the available stations and the Recording Sheet has been properly filled out.

During SNAPPER Station

The athlete will hand the completed Strive Recording Sheet to the volunteer at SNAPPER. While the volunteer enters the information into the computer, the athlete will receive the following:

- Strive drawstring bag, rally towel, headband and water bottle.
- If available, a SNAP printout of how they performed in Strive Assessment.

SUPPLEMENTAL STATIONS

Coaches Corner Station

*For major events attended by coaches, athletes and family members going through Strive
(1-2 Volunteers)*

Objective:

The Coaches Corner Station will promote the use of Strive assessment and activities at the local level to improve fitness and drive enhanced sport performance. It will also include demonstrations of the Athlete Training App and other resources for improving performance.

Materials:

Table (provided by Program), Strive color-coded exercises, smart phone and Internet for ATA demonstration.

Procedure:

1. Welcome any attendees to Coaches Corner. Attendees do not have to participate in Strive to receive educational material although they should be encouraged to go through assessment.
2. Exercises are color-coded for the following skills:

Blue	Flexibility
Orange	Cardiorespiratory Fitness
Purple	Upper Body Strength and Endurance
Green	Lower Body Strength and Endurance
3. Discuss what areas of fitness an attendee is interested in improving and direct to appropriate material.
4. Demonstrate the Athlete Training App and encourage coaches to log-on and track their athletes' progress.

Hydration Stations (1-2 Volunteers)

Objective:

The athlete will learn the importance of staying hydrated.

Materials:

Educational material on hydration, water, sugar cubes, plastic bags

Set-Up:

In five plastic bottles place the following number of sugar cubes: 12 (soda bottle), 7 (orange juice bottle), 10 (energy drink bottle), 5 (sports drink bottle) and empty water bottle for water.

Procedure:

1. At the hydration station, volunteers demonstrate by using sugar cubes the amount of sugar found in the beverages listed above stressing that water has **no** sugar and is the best beverage to keep you hydrated.
2. Volunteers should stress the importance of drinking water.
 - a. "Water keeps our brain and heart healthy."
 - b. "If we do not drink enough water we can become tired or even sick...especially when we are exercising."
 - c. "Each day we should drink eight to ten FIST size glasses of water."
 - d. Discuss drinking beverages with sugar. "They can make you gain weight and also make your teeth unhealthy."
 - e. It is important to include talking points about the effects of hydration on an athlete's sports performance.

Evaluation:

At the end of the hydration station, the volunteer should ask the athlete what they have learned and assist them with any questions. Give athlete educational material on hydration.

Nutrition Station (1-2 Volunteers)

Objective:

The athlete will learn the importance of balanced nutrition.

Materials:

Educational material on nutrition, water, artificial food and two paper plates

Set-Up:

Artificial food is placed on one of two paper plates to demonstrate a properly balanced plate, artificial food is placed in middle of table and empty plate is placed on left side of food.

Procedure:

1. At the nutrition table, introduce the athlete to the balanced plate by teaching the athlete what each section of the plate represents.
2. Say the following items to the athlete and help the athlete build their own healthy plate using the artificial food located in the center of the table
 - a. This is a balanced plate.
 - b. The green section represents fruits and vegetables and is the largest section of the plate because the nutrients keep us healthy.
 - c. The red section includes meats and beans. They help us grow strong muscles.
 - d. The orange section represents grains. Grains give you energy.
 - e. The blue circle in the middle is for dairy which gives us strong teeth and bones.
 - f. It is important to include talking points about the effects of balanced nutrition on an athlete's sports performance.

Evaluation:

At the end of the nutrition station, the volunteer should ask the athlete what they have learned and assist them in providing names for food items that are not clear to them. Give athlete educational material on healthy eating and nutrition placemat.

Strive CORE OVERVIEW

Strive CORE has been developed for coaches as a fitness assessment tool that can be utilized at the local team level, to assist in improving the performance and fitness of Special Olympics athletes. It was designed to be easily implemented into an eight to ten week season regardless of the sport. Building on the curriculum defined in STRIVE, the assessment tool was validated by exercise physiologists and fitness professionals.

Strive CORE is comprised of five baseline assessments of an athlete's skills and capabilities to be measured prior to beginning a training season. Based on outcomes, coaches will have access to educational material to incorporate exercises during practice and at home that athletes can do to target areas of improvements. Near the end of a sport's season, coaches are encouraged to run another Strive CORE post-assessment to record athlete improvement and encourage ongoing behavior changes to improve fitness and sport performance.

Strive CORE is currently available in paper form and scores are to be recorded in either SNAPPER or the SOI Athlete Training App which will be available in the near future.

COMPONENTS OF COMPONENTS OF TRAIN CORE ASSESSMENT

- **Height + Weight:** Body Mass Index
- **Sit and Reach:** Flexibility
- **Plank:** Core Stability and Strength
- **Sit and Stand:** Lower Body Muscular Endurance
- **20 M Shuttle Run:** V02 Max/Cardiovascular Endurance

EQUIPMENT NEEDED TO IMPLEMENT

- **Scales and Measuring Tape:** BMI
- **Ruler and Tape:** Sit and Reach
- **Stop Watch, Dowel Rod and Yoga Mat:** Plank
- **Stop Watch and Chair:** Sit and Stand
- **Measuring Tape, Cones and Downloaded Bleep Test App:** 20 M Shuttle Run

ESTIMATED TIME TO CONDUCT TRAIN CORE ASSESSMENT (Per Athlete)

- **BMI:** Two Minutes
- **Sit and Reach:** Two Minutes
- **Plank:** One Minute
- **Sit and Stand:** One Minute
- **20 M Shuttle Run:** Two to Twelve Minutes (Multiple athletes can be tested at once)