

Pre Velocity Program

Before you begin this program, perform the following fitness test to determine if the athlete is ready to add speed. **Athletes should score 12 out of 15 for this test to be physically ready to begin velocity training. If athlete does not score above a 12, begin the strength training program and retest every 4 weeks until they pass.**

CoachataClick At Home Fitness Test

#1 FLEXIBILITY - SIT AND REACH

You Need: measuring tape, adhesive tape

Set Up: Tape the measuring tape to the floor. Place one piece of tape about 24 inches long across the measuring stick and at a right angle to it at the 15 inch mark

Test: Have the athlete then sit shoeless with the measuring stick between the legs with its zero end toward the body, the feet 12 inches apart, the toes pointed upward, and the heels nearly touching the edge of the taped line at the 15 inch mark. Have the athlete slowly reach forward with both hands as far as possible on the measuring stick, holding the position momentarily. To get the best stretch, the athlete should exhale and drop the head between the arms when reaching. Be sure the athlete keeps the hands adjacent to each other and does not lead with one hand. The fingertips should remain in contact

Attempts: 3

RESULTS

3 = More than 21 inches

2 = 20-17 inches

1 = 16-13 inches

0 = Less than 12 inches

#2 STABILITY - TABLE TEST

Body Part: Core (Area from top of knees to bottom of rib cage)

You Need: board, and a tester/recorder

Test: The athlete will get in a quadruped position with the board parallel to the spine in between the knees and in line with the head. The athlete will then attempt to bring the right elbow and the right knee together. The athlete will then attempt to bring the left elbow and the left knee together. The side that is in motion is the side that is being tested and the knee, hand of the opposite side must maintain contact with the floor for a high score.

Attempts: 3

RESULTS

3 = the athlete performs a correct unilateral repetition

2 = if the athlete cannot perform a unilateral connection, then the athlete can then attempt to bring the right elbow to the left knee, and then the left elbow to the right knee

1 = if the athlete is unable to perform either the unilateral or opposite sides together

0 = any pain is experienced

#3 DEEP SQUAT

Body Part: Shoulders, scapular region, and thoracic spine, hips, knees, and ankles

You Need: wooden dowel or broom handle

Test: The dowel being held overhead will require symmetrical mobility and stability of the shoulders, scapular region and the thoracic spine. The pelvis and core must establish stability and control throughout the entire movement to achieve the full squat.

Attempts: 3

RESULTS

3 = upper torso is parallel with tibia or toward vertical, femur below horizontal, knees are aligned over feet, dowel aligned over feet.

2 = upper torso is parallel with tibia or toward vertical, femur is below

horizontal, knees are aligned over feet, dowel is aligned over feet, heels are elevated

1= tibia and upper torso are not parallel, femur is not below horizontal, knees are not aligned over feet, lumbar flexion is noted

0= any pain is experienced

#4 SHOULDER FLEXIBILITY

Body Part: Shoulder

You Need: measuring tape

Set Up: First measure the athlete's hand length by measuring the distance from the distal wrist crease to the tip of the longest digit.

Test: The athlete will stand with the feet together and make a fist with each hand, thumbs inside the fingers. The athlete then simultaneously reaches one fist behind the neck and the other behind the back. The athlete will perform this test with the right hand on top of the left hand three times and then alternate the hand positioning through raising the left over the top of the right.

Use the measurement of the athlete's hand length for scoring this test.

Attempts: 3

RESULTS

3 = Fists are within one hand length

2 = Fists are within one and a half hand lengths

1= Fists are not within one and half hand lengths

0 = any pain is experienced

#5 PUSH UP TEST

Body Part: Upper Body

You Need: hand towel (for softball only), and a recorder

Set Up: Place hand towel parallel to the body and placed directly under the torso

Test: Start with hands shoulder width apart and elbows and body straight. The softball player will make contact with the hand towel; the baseball player must make touch the chest to the floor. The athlete may only pause in the up position and as many repetitions are performed within two minutes.

Attempts: 1

RESULTS

3 = > 40

2 = 39-30

1 = 19-17

0 = < 16

Record Results:

Test	Result
#1	
#2	
#3	
#4	
#5	
Total	

**Fitness Test - Less than 12/15 score, begin workout schedule and repeat test every 4 weeks until reaching a score of 12 or better.*