

1. PIKE SIT AND REACH



(Figure 1)



(Figure 2)



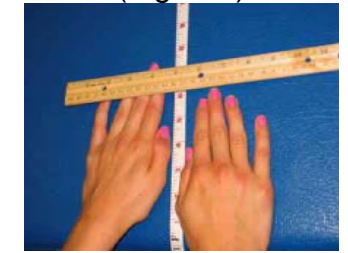
(Figure 3)



(Figure 4)



(Figure 5)



(Figure 6)

EQUIPMENT NEEDED:

- 8" Mat
- Tape Measure
- Tape to secure tape measure
- Ruler

SET-UP:

Secure tape measure to mat, lining up 0" with the edge of the mat.

STARTING POSITION (Figure 1):

Sit in pike position with arms up and feet flexed and pressed flat against the testing surface. Knees must remain tight and straight at all times during the test. (Figure 2) The first tester will place their fingers under the knee and thumb on top of the knee cap to make sure the knees stay tight and straight. (Figure 4)

DIRECTIONS:

Reach forward in the pike position, placing hands on the mat on either side of the tape measure (Figure 3). Position must be held for three seconds. The second tester will place a ruler across at the farthest point of the reach (Figure 5). Measure to the nearest 1/4" reached. If the hands are uneven, the hand with the shortest reach will be used (Figure 6).

NOTES:

Athletes may have two attempts at this test.

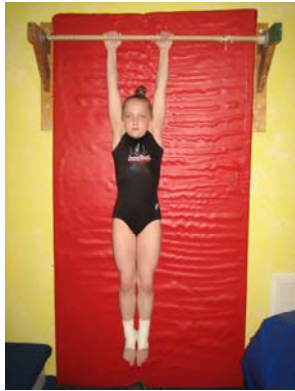
Record the better of the two attempts.

Bending the knees, "grabbing" and/or "pulling" on the mat to get a further reach will result in failed attempt.

Coaching hint: Using chalk on hands allows the athlete to see how far he/she can reach.

When measuring: if the measurement is above the 1/8" mark, round up to the nearest 1/4". If the measurement is below the 1/8" mark, round down to the nearest 1/4".

2. PIKE LEG LIFT



(Figure 1)



(Figure 2)



(Figure 3)

EQUIPMENT NEEDED:

- Wall mounted bar (a panel mat will be necessary if the bar is not close enough to the wall to maintain a 180° angle through the shoulders) or stall bars.
- Stopwatch

STARTING POSITION (Figures 1 & 2):

Athlete hangs in a straight body position from the bar. Hands, shoulders, hips and feet should all be in a straight line. The shoulders are relaxed, and the legs are tight.

DIRECTIONS:

The athlete lifts the legs forward and up and passes through the pike position with the legs completely extended and toes pointed until the top of the feet touch the bar (Figure 3). Return to start position (Figure 1).

NOTES:

Athlete will perform as many correct pike leg lifts as possible in 20 seconds. Bent legs, flexed feet, or feet not touching the bar during the repetition will result in that repetition not counting. Once the athlete hangs at rest for 2 seconds, the turn is over. If the athlete fails to touch the bar 3 attempts in a row, the turn is over. Test administrator will only count the number of successful repetitions performed in 20 seconds.

3. HANDSTAND HOLD



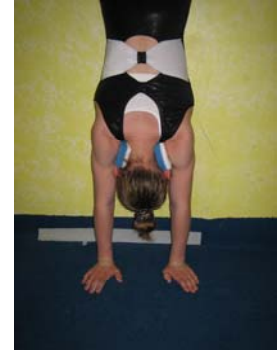
(Figure 1)



(Figure 2)



(Figure3)



(Figure 4)

EQUIPMENT NEEDED:

- Free wall
- Sponges or foam, 1" in thickness
- Stop watch
- Block with Velcro

STARTING POSITION (Figure 1):

Athlete holds a handstand position facing wall. Hands should be shoulder width apart, with fingers facing forward. Shoulders must be fully extended with no "space" between the shoulders and ears. Nose should be to the wall.

DIRECTIONS:

While the athlete is in position, the first test administrator will place the sponges between the athlete's shoulders and head. The second test administrator will place the block at the toes. The test will end when the athlete can no longer hold the handstand position with shoulders fully extended, nose to the wall (Figure 3), toes touching the block (Figure 2), and sponges to the head. (Figures 4) The athlete will be allowed one warning from the tester. If he/she does not return to the correct position immediately, then the test is over. Maximum time allowed is 60 seconds.

NOTES:

Coaching hint: Using the sponges and block allows the athlete to "feel" if he/she is not extending their shoulders.