

Austin Royals Volleyball Physical Testing 2018

Mile Run

The official running of the mile is Monday August 6th at 7:00 am Southwest Williamson County Park 3005 Co Rd 175, Leander, TX 78641.

The girls will be given an opportunity to run the mile the week before 2-A-Days. The date and time of this is Thursday August 2nd at 7:30am at the track listed above. This is a courtesy run for those who can make it and would rather not run the morning of 2-A-Days. For those who can't make it to this run or who don't make the time they want, will run it on Monday morning August 6th.

All girls must run one mile in 9:00 minutes or less.

While no cuts will be made for not making the mile time, if that time is not made you will not participate in ANY MATCHES until the time is made. YOU will also be responsible for setting up a time for one of the coaches to meet you at the track to run again.

In order to be considered for the Varsity team, you must run one mile in 8:00 minutes or less.

If you do not run the mile in 8:00 minutes or less the week before or Monday morning, but want to be considered for Varsity, you may run it again on Tuesday evening (August 7th). If the time is not made on Tuesday, you will not be considered for Varsity.

If a returning varsity player does not run the mile in 8:00 minutes or less, you will not play in a match until the time is made.

Conditioning and Agility Test

The conditioning test must be performed in 6:00 minutes or less. Because this is the first year, there will not be any penalty (i.e. lost playing time) for not getting this time. However, a player will continue to perform the test until the time is made. Any player who is at off-season practice on July 26th will be given the opportunity to complete this test and will not have to do it again if the time is made. If the time is not made, she will complete the test during 2-A-Days. Any player who is not in attendance on July 26th will complete the test during 2-A-Days.

Explanation

Players start on the baseline. All exercises (except shuffling under the net) will be performed 5 times the first round, then 4, then 3, then 2, then 1. The time will stop after the player runs to the starting baseline after the last round.

Mountain Climbers are counted with a one repetition on each leg counting as one. Each leg needs to touch the ground when they are bent and come forward. Mountain climbers are performed on the baseline and player runs to the attack line (10ft line) when finished.

Shuffles are performed in a passing position with one shoulder facing the net (body facing the sideline). Arms should be bent at the elbow. Knees should be bent so that the head is lower than the bottom of the net. Players will shuffle from one attack line to the other, while going under the net. No matter which round, only one shuffle is done.

Hitting approaches will be done after the set of shuffles is finished. They will be done with correct technique to the best of the players ability. After each approach, the player will transition back to the attack line and do the next approach. After the final approach, the player will go under the net.

Block jumps will be maximum jumps with hands reaching above the net like a block. Upon landing on the ground, the player will perform another block jump. After the final jump, the player will move behind the attack line on the same side of the net.

Push-ups will be done behind the attack line. They will be performed with a straight back and straight legs. For each push-up, arms will bend to 90 degrees and returned to straight. Knees should never touch the ground. If knees touch the ground, that push-up will need to be redone. After the final push-up the player will run to the baseline.

Bicycle abdominal exercises will be performed on the baseline. Player will lie on the floor on her back and place her hands behind her head. Her legs will be straight and will be hovered above the ground. She will alternate bringing one elbow to the opposite knee while bending the knee. These will be counted the same as the mountain climbers – one repetition on each leg is counted as one.

After bicycles are finished the player will run around the net to the opposite baseline (starting baseline) and do the next round.