

Attachment “A”

2023 USAWR Skill Assessment

All athletes in attendance will be assessed on a variety of skills at the 2023 USAWR Selection Camp including: passing, sprint speed, agility, endurance, and quickness. Each athlete will be given 3 trials for each skill (except the Lakeshore Mile). All of these skills will be scored, averaged, and compared against existing data in each athlete's classification for an objective data assessment.

Lakeshore Mile:

Athletes will push 8 consecutive laps on the fieldhouse track as fast as possible. The track is a rubber/mondo surface, and the athlete's times will be recorded for each 1 lap split.

The athletes will complete the mile twice: Once in a clockwise direction and once in a counterclockwise direction. One mile will be completed prior to the tests below and the other mile will be completed at the end of the tests.

Endurance Sprints:

The athletes will complete 3 sets of 3 laps in a clockwise direction and 3 sets of 3 laps in a counterclockwise direction. Each athlete will have a 1:1 work : rest ratio while completing this drill.

- A regulation size basketball court is used.
- A cone is placed on both halfcourt/sideline intersections.
- A cone is placed in the middle of both baselines, creating a diamond on the court.

90' Full Court Sprint:

Athletes will start from a stationary position right behind the first set of sensors. The athlete will sprint as fast as possible through the last set of sensors. The athlete will be assessed on their 45' sprint time as well. Three trials will be attempted for each athlete.

Passing:

Athletes have 3 attempts to throw for distance from the baseline on to the court. The measurement will be taken from where the ball lands.

Figure 8 Drill:

Athletes will start at one cone and push in a figure 8 direction around the far cone and come back. Down and back is 1 rep and the athletes will do 3 sets of 10 with a 1:3 work : rest ratio. The cones will be 28 ft apart from the centers of each cone.

Star Drills:

Athletes will push in a figure 8 direction around 5 cones set up in a “star” with one cone in the center of 4 cones. The center cone will have a cone to the left, right, north, and south of it. Each of the 4 outside cones will be 6' apart from the center cone.

Up & Backs:

Athletes will start in a stationary position on the baseline and push up to 7 lines measured 36” apart, except for the first line which will be 40” from the starting point. The athletes will pass two wheels over each line and then go in a reverse direction back to the baseline each time. The athlete will need to cross the starting line with the main wheels (the two big wheels, not the casters) before moving to the next line.