



Kingston Area Minor Hockey Association
www.kamha.ca



Dear KAMHA Parents and Players,

As part of the 2019-2020 KAMHA representative team tryouts we will be running an off-ice fitness combine for some divisions. All players should report for combine testing wearing athletic clothing (shorts, t-shirt and running shoes) and be ready to perform maximal exercise.

The combine is scheduled by team with each team's testing taking place at Cataraqui arena as per the tryout schedule.

On the following pages we have included an explanation of why KAMHA has included combine testing as a component of this year's tryouts as well as a detailed description of the specific tests that will be completed at the combine.

Why is KAMHA including combine testing as part of tryouts?

Athleticism and fitness

Hockey is an athletic game with **SPEED, AGILITY AND POWER, BALANCE, STRENGTH AND FITNESS** being essential attributes of successful competitive hockey players. Our tryout combine will provide coaches and players objective information about these core attributes to assist coaches in assessing potential players and to help players target areas for personal improvement.

Experience

Combines are increasingly used as a part of player scouting by junior, collegiate and professional hockey teams and most competitive players will be asked to perform combine testing under pressure at some point in their careers. The KAMHA combine will provide an opportunity for our players to familiarize themselves with the combine setting and to learn how to perform physically under the pressure of a combine environment.

Growth

Following the combine players will be able to compare their results with the average (anonymized) results from players from all KAMHA AA and A teams from the major atom through minor midget ages. This information will allow players to optimize personal development by understanding their strengths and by targeting specific areas for improvement through tailored training programs.

Combine Testing

As players arrive at the rink for combine testing they will sign in and receive a combine jersey (for identification). Once players have signed in they will move to a private room where they will have their weight and weight recorded. Players will then be encouraged to warm-up (eg. running and stretching) before performing a battery of tests that have been selected to assess **SPEED, AGILITY AND POWER, BALANCE, STRENGTH AND FITNESS**.

Speed

30 m Sprint

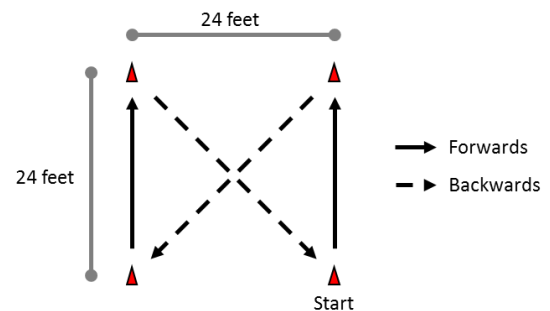
From a standing start players will run as fast as they can through the finish line. Time taken to complete the 30 m track will be recorded.



Agility and Power

4 Corner Test

This test will require players to run forwards and backwards between a set of four cones as many times as possible in 45 seconds. The number of cones the player touches will be recorded.



Balance

1-Foot Balance Test

Player will be asked to stand on 1 foot with their eyes open for up to 45 seconds (balance time will be recorded). If players are able to balance for 45 seconds they will be asked to stand on 1 foot for an additional 45 seconds with their eyes closed (balance time will again be recorded).



Strength

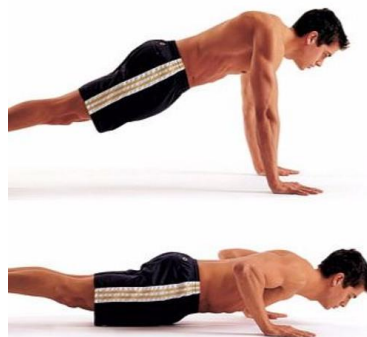
Grip Strength Test

The grip strength test will require players to squeeze a dynamometer as hard as possible for 5 seconds. The test will be completed with both the left and right hands.



Push-up Test

Starting from a lying position players will be required to straighten their arms and then lower their body until their elbows reach 90° before straightening their arms again (i.e. perform a push-up). Players will continue to perform push-ups, with no rest, until they are unable to continue.



Fitness

20 m shuttle run (Beep Test)

This test involves continuous running between two lines 20m apart in time to recorded beeps. Players begin running between lines when instructed and continue running between lines at a pace signaled by a series of recorded beeps. The speed at the start is quite slow but as the test progresses the beeps will be closer together and the speed will increase.

If a player reaches a line before the next beep they must wait until the beep sounds before continuing. If the line is not reached before the beep sounds, the subject is given a warning and must continue to run to the line, then turn and try to reach the next line before the next beep. Players will be given a warning if they fail to reach a line in time, and the test will be completed if a player receives warnings on 2 consecutive beeps.

Players will receive a score based on the level and number of shuttles reached.

