

# TESTING ROWERS FOR SELECTION



# Attendance

Should we use this as a test?



# How to grade attendance

**Scoring:** Grade attendance 1-10 as follows

- 1 attendance at 10% of sessions
- 2 attendance at 11-20% of sessions
- 3 attendance at 21-30%.....
- 10 attendance at 91-100% of sessions



# Coopers Running Test

Conforms to the Philosophy that testing should be:

- Robust
- Repeatable
- Transportable
- Easy.....very little equipment needed to conduct this test

# What do the test results look like?

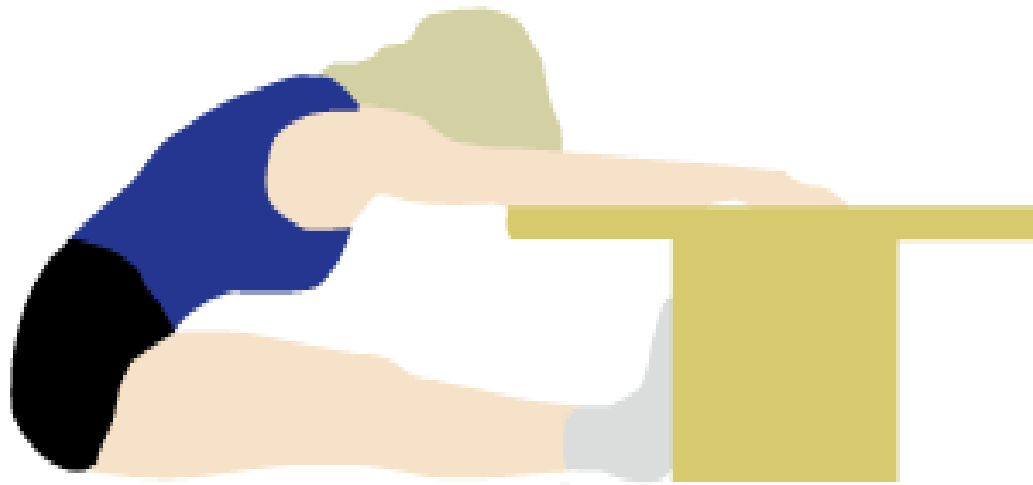
## Normative data for the Cooper Test

Age	Excellent	Above Average	Average	Below Average	Poor
Male 13-14	>2700m	2400-2700m	2200-2399m	2100-2199m	<210
Females 13-14	>2000m	1900-2000m	1600-1899m	1500-1599m	<150
Males 15-16	>2800m	2500-2800m	2300-2499m	2200-2299m	<220
Females 15-16	>2100m	2000-2100m	1700-1999m	1600-1699m	<160
Males 17-20	>3000m	2700-3000m	2500-2699m	2300-2499m	<230
Females 17-20	>2300m	2100-2300m	1800-2099m	1700-1799m	<170
Male 20-29	>2800m	2400-2800m	2200-2399m	1600-2199m	<1600m
Females 20-29	>2700m	2200-2700m	1800-2199m	1500-1799m	<1500m
Males 30-39	>2700m	2300-2700m	1900-2299m	1500-1999m	<1500m
Females 30-39	>2500m	2000-2500m	1700-1999m	1400-1699m	<1400m
Males 40-49	>2500m	2100-2500m	1700-2099m	1400-1699m	<1400m
Females 40-49	>2300m	1900-2300m	1500-1899m	1200-1499m	<1200m
Males >50	>2400m	2000-2400m	1600-1999m	1300-1599m	<1300m
Females >50	>2200m	1700-2200m	1400-1699m	100-1399m	<1100m

- Score the Coopers results like this:
- Excellent +2
- Above Average +1
- Average 0
- Below Average -1
- Poor -2

# Sit and Reach

- What does it look like?
- Use the level of the feet as zero



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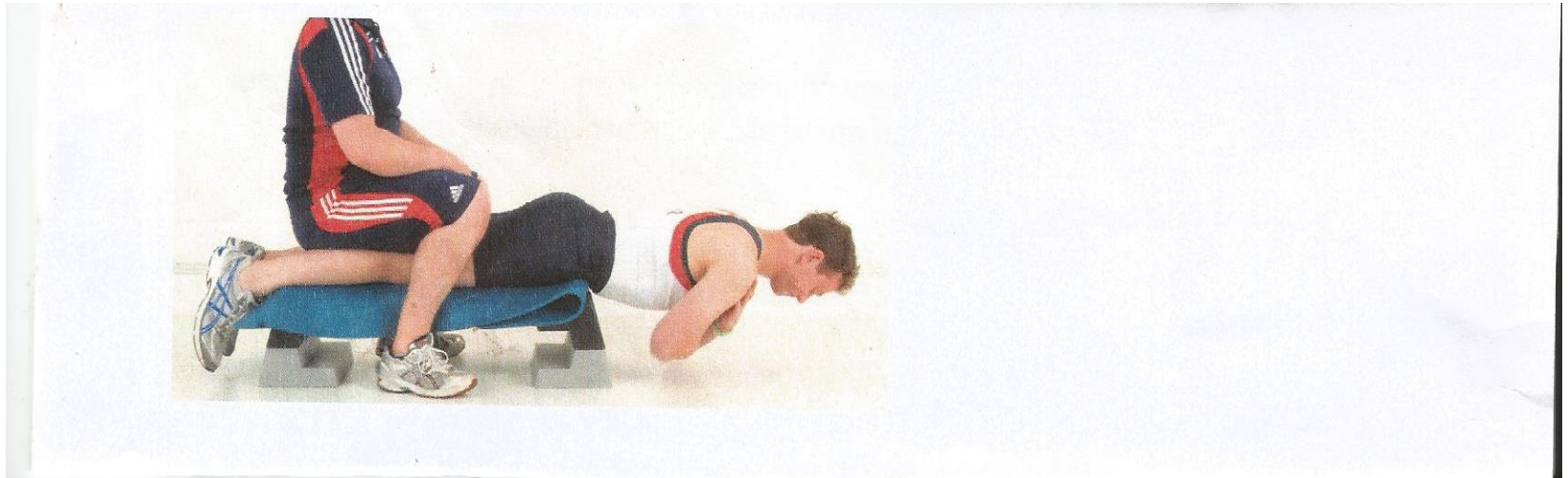
You can use a step instead of a box



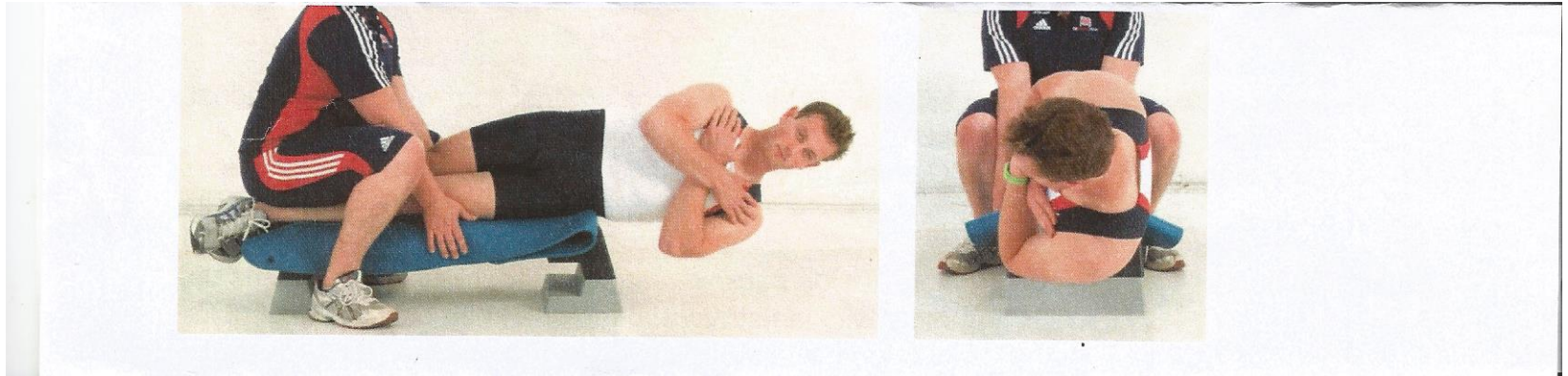
Score the sit and  
Reach test as  
+ or – cm from the  
level of the feet



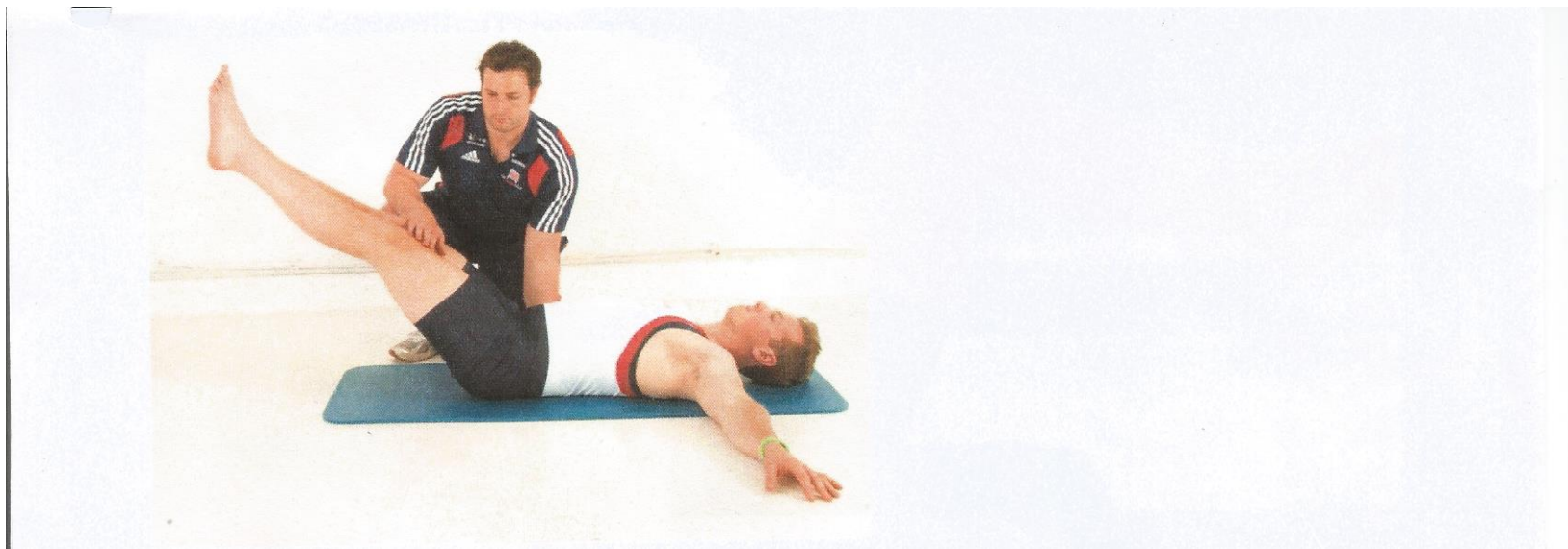
# Trunk Testing: Prone Extension



# Trunk Testing: Lateral Trunk



# Trunk Testing: Double Leg Hold



- Score the trunk tests as number of seconds that the position is held properly
- Below 90 seconds 0
- 91-120 seconds 1
- 121-179 seconds 2
- 180 seconds 3



# Water Based Skills Tests

- **Hand Circles**                      How many in 30 seconds (change direction after 15 seconds)
- **Slapping the Blades Alternately**                      Count how many in 30 seconds
- **Slapping the blades together**                      Count how many in 30 seconds
- **Balancing the boat, both spoons up** 10 attempts allowed, longest time recorded
- **Rigger Dips front of slide**                      Count how many in 30 seconds
- **Rigger Dips standing up**                      Count how many in 30 seconds (nil return allowed)
- **Turning the boat 360 degrees**                      Time how long in seconds
- **Minimum strokes over 500m**                      Number
- **Standing start and 100m**                      Time how long in seconds

# How Do I Score the Skills Tests?

- Start with the numbers and times that you recorded
- Add up the number of hand circles, slaps, rigger dips
- To this total add in the balancing time measured in seconds
- To this new total deduct the number of strokes to row 500m
- Finally deduct the time in seconds to row 100m from a start, and the time to turn the boat (also in seconds)



# Ranking your Rowers for their Skills

	Hand Circles	Alt Slaps	Slaps Together	Balance	Rig Dips	St Rig Dips	Sum
AB	33	14	27	8	14	1	97
CD	31	9	12	0	20	0	72
EF	22	7	18	6	5	0	58
GH	19	20	25	21	20	4	109
IJ	19	26	24	14	28	8	119



# And then.....

St Rig Dips	Sum	Turns	Strokes	Starts	Sum	Ranking
1	97	-69	-23	-70	-65	1
0	72	-75	-26	-75	-104	4
0	58	-75	-26	-73	-116	5
4	109	-80	-27	-69	-67	2
8	119	-88	-30	-72	-71	3



# Strength testing With Weights



Starting position

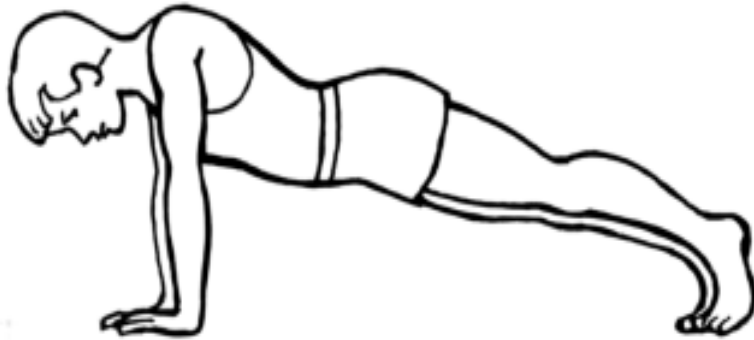


Remove the bar

# Strength testing with Weights



# Strength testing using press Ups



Only count those press ups where good technique is maintained



# Ergometer Tests

- Log your rowers results , time in minutes and seconds for each distance

To get a fuller picture.....

- Include average 500m time
- Power output
- Intermediate times
- Results worldwide on [www.concept2.co.uk](http://www.concept2.co.uk)



# And finally....

- Speed testing on the water
- Pick a course which is easy to identify (start and finish)
- Use a helper to time
- Repeat regularly using the same course and boat
- Record time in minutes and seconds

# So What Do I Do With All These Results?

- Log them
- Repeat them regularly (each test once every 6 weeks?)
- Share them (with athletes, coaches and FISA)
- Use them to motivate and advise athletes
- Use them to compare and select athletes
- Weight them, if some tests are more important than the others.....

# So What's all this about weighting?

- Later in the preparation phase some of the tests may be more significant than others
- At this stage tests can be discarded (weighted at Zero) or given less significance than others (weighted less than 1 but more than zero)

Here is an example.....







# What do the Tests tell us about Rowers?

AB Regular attender, can row but not well, inflexible, weak trunk

CD Rows quite well, reasonably fit and flexible, strong trunk

EF Not yet committed to the programme. Flexible, strong, fit but rowing technique breaks down

GH Keen but not fit and not flexible. Trunk needs strengthening. Good boat skills.

IJ Keen Quite fit Weak trunk and inflexible. Poor technique