Attachment "A"

2027-2028 USAWR Skill Assessment

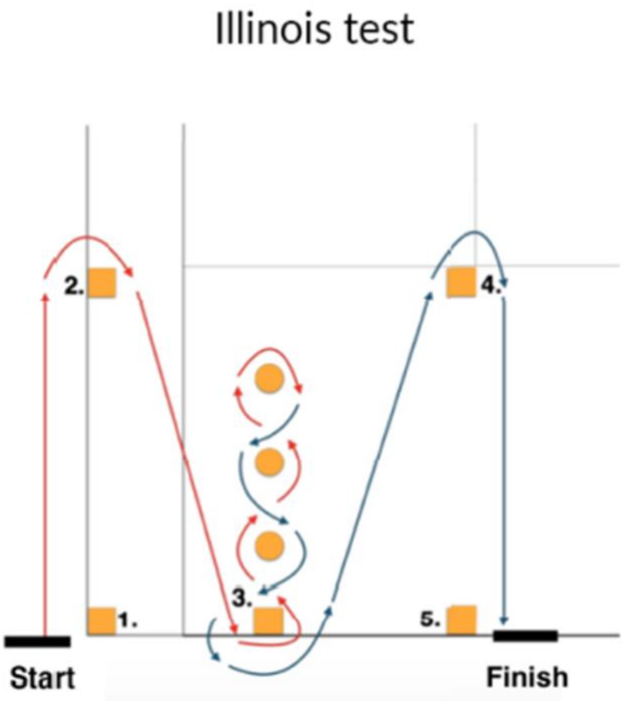
All athletes attending will be assessed on various skills at tryouts including sprint speed, agility, endurance, and quickness. Each athlete will be given 2 trials for each skill (except where stated). All these skills will be scored and averaged amongst the athlete's classification for an objective data assessment.

All attendees will complete assessments 1-4. Listed Below.

1. **Lakeshore Mile:** Athletes will push 8 consecutive laps on the fieldhouse track as fast as possible. The track is a rubber surface, and the athlete's times will be recorded for each 1-lap split. The athletes will complete the mile twice: One in a clockwise direction and the other 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.
2. **Endurance Sprints:** The athletes will complete 2 sets of 3 laps in a clockwise direction and 2 sets of 3 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.
3. **20m Sprint:** Athletes will start from a stationary position (no "roll up" or forward movement allowed to help initial propulsion) right behind the first set of sensors, placed at the baseline of a standard basketball court. The athlete will sprint as fast as possible, through the last set of sensors. The athlete will be assessed on the following distances within 20m: 2.5m, 5m, 10m, and 20m. Three trials will be attempted for each athlete. ** A re-trial may be done in the case of a false start or misread with sensors. This will be determined by the research staff conducting the test.
4. **Figure 8 Drill:** Athletes will start at one cone and push in a "figure 8" around the far cone and come back. Down and back is 1 rep, and the athletes will do 2 sets of 10 with a 1:3 work/rest ratio. The cones will be 28 ft apart from the centers of each cone. Two trials will be attempted by each athlete.

Assessments 5 and 6 (listed below) will not be completed by all attendees but instead will be held after at least one round of cuts have occurred.

5. **Up & Backs:** Athletes will start from a stationary position from 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 reverse direction back to the baseline each time (front casters crossing the line on the "ups" and big/main wheels crossing the lines on the "backs"). The athlete will need to cross the starting line with the big/main wheels before moving to the next line. Two trials will be attempted by each athlete.

6. **Illinois Test**

   Cones will be set up in the shape of an "M."
   The distance from cone 1-2 and cone 4-5 is 5.5meters
   The distance from cone 1-3 and cone 3-5 is2.7meters
   The distance between the 4 slalom cones in the middle of the "M" is 1.2meters
   Athlete will start at cone 1, push to cone 2 and go around the topside of the cone towards cone 3. Athlete will then slalom up the middle cones and back down to cone 3. Athlete will then go around the bottom side of cone 3 and up towards cone 4. Athlete will then go around the topside of cone 4 and finish at cone 5.
   Two trials will be attempted by each athlete. One starting right arm to the outside of the M and one starting with the left arm on the outside of the M.