



## Fitness Standards and Testing

### **CRAA Players and Prospective Players:**

The effort you put into the spring/summer training and skill paradigms make a huge difference!!!

We have identified testing areas that you are to practice and focus on throughout your off-ice training season. Please incorporate training elements into your routines which will build success in the following areas.

Players are to work towards these targets and exceed them as much as possible if they are already achievable.

### **Tests:**

***Chin Up Test (Full Chin-Ups) - 12***

***1 Mile Run - 6 minutes 30 seconds***

***Bench Test (Using a maximum rep conversion) - Body Weight plus 15 lbs***

***400 Minute Sprint - 1 minute 10 seconds***

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### **Training Themes:**

1. Incorporate multi-sport and other activities into your daily routines.
2. Train dynamically, train multi-joint, train on your feet and strive to build speed, power and explosiveness. Putting on weight is not the goal!!! Moving your weight is the key!!!
3. Eat healthy and hydrate often.
4. Always warm-up and cool down
5. CRAA players shoot 200 pucks every 2nd day. Its how we role!

**“Character is what a player does when nobody is watching!!!!**

Team CRAA

We are powered by:

