

Northwest Flyers

Minimum Fitness Standards

The NW Flyers Track Club has implemented a minimum fitness standard for beginning youth athletes.

To enjoy the benefits of participating in a competitive track and field program as offered by the NW Flyers all athletes should meet this standard within 2 weeks of reporting to practice. The standard is based on the President's Physical Fitness test for school age children, using the 50th or 75th percentile for the youngest age in the age bracket.

The purpose of the standard is to certify that the athlete has the physical readiness AT THIS TIME to train safely and have a positive experience in a competitive youth sports environment.

All beginning athletes should achieve the following minimum fitness standards for endurance, core strength, and upper body strength:

Proper Technique should be used in performing each exercise.

Curl Ups

Have athlete lie with knees flexed and feet about 12 inches from buttocks. Partner holds feet. Arms are crossed with hands placed on opposite shoulders and elbows held close to chest. Keeping this arm position, athlete raises the trunk curling up to touch elbows to thighs and then lowers the back to the floor so that the scapulas (shoulder blades) touch the floor, for one curl-up.

Push ups

The athlete lies face down on the mat in push-up position with hands under shoulders, fingers straight, and legs straight, parallel, and slightly apart, with the toes supporting the feet. The athlete straightens the arms, keeping the back and knees straight, then lowers the body until there is a 90-degree angle at the elbows, with the upper arms parallel to the floor. A partner holds her / his hand at the point of the 90-degree angle so that the student being tested goes down only until her / his shoulder touches the partner's hand, then back up.

400m/800m / 1 Mile Run

Athletes in the 6-8 age division will be timed in a 400m run which is one lap around the track. Athletes in the 9-10 age division will be timed in an 800m run which is equivalent to two laps around the track. Athletes in the 11-12 and older age divisions will run four laps (approximately 1 mile). It is expected that the athlete be able to complete the lap(s) in the minimum standard of time for his or her age group.



Please contact the Northwest Flyers coaching staff if you have any questions.

	6-8 Girls	9-10 Girls	11-12 Girls	13-14 Girls	15-16 Girls	6-8 Boys	9-10 Boys	11-12 Boys	13-14 Boys	15-16 Boys
Curl-ups	25	30	32	42	44	28	32	37	50	53
Push-ups	8	12	11	17	20	8	12	15	35	37
400m run	2:21					2:10				
800m run		4:50					4:14			
Mile run			11:17	8:49	8:40			9:20	7:11	6:38