



Wildcat Sports Performance Programming
(CATAPULT PROGRAM EVENTS)

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Tested Exercises

No.	Q1/Q2	Q3/Q4
1.	Med Ball Throw	Bench
2.	Belt Squat	Back Squat
3.	Barbell Explode	Clean
4.	Strict Pull-Up	Strict Pull-Up
5.	Sit-Ups	Sit-Ups
6.	Plank Hold	Plank Hold
7.	Farmers Walk	Farmers Walk
8.	L-Drill	L-Drill
9.	40yd Dash	40yd Dash
10.	20yd Shuttle	20yd Shuttle
11.	Vertical	Vertical
12.	Jump Rope	Jump Rope
13.	Standing Long Jump	Standing Long Jump
14.	300yd Shuttle	300yd Shuttle

Athletic programs across the country test their athletes in similar ways. Whether it be one-rep max, dynamic effort, olympic lifting, powerlifting, aerobic or anaerobic, all training methodology can have a place in athletic development. With the size of our school, the sharing of athletes, we must create a program that makes our athletes as well-rounded as possible. We must increase a player's durability, conditioning and mental toughness. CATS MUST BE ABLE TO RUN!!!!

The total test is 14 events (7 strength exercises and 7 athleticism exercises) and each exercise has performance standards that allow athletes to earn points. The "Catapult" is our 14 event version of a decathlon.

TESTING STANDARDS & RESULTS

All athletes need baseline testing to evaluate their own specific starting point. This is a time where small group testing is best to ensure the lowest risk of injury. Factors like technique, knowledge and experience come into play with how close the coach needs to monitor the events of the athletes. Do not hesitate to limit athletes to 80% of max effort on testing the first time. DO NOT ASSUME THE ATHLETE KNOWS THE MOVEMENTS INVOLVED WITH EACH EVENT!

After the first testing events, we will be posting the results on the walls of our weight room and on our training software. I want the athletes to see their results so they are constantly reminded of how they need to get better and can set goals. If each player gets better, then the team will get better. Results for beginners might be embarrassing to the athlete and/or the coach. The goal of posting the results is to start the competitive process between themselves, their teammates, and other programs.

After the testing is finished and we see how many points each athlete earned, we celebrate any person who scored ≥ 45 points and designate them as a "SuperCat". To reward them, we give them a t-shirt that nobody has unless they earn it. Coaches can also earn the t-shirt if they make the standards. One thing that has to be decided upon is if you want to just score the athletes each time they test or if you want to do a "super score" that takes their best results like the ACT. There are pros and cons to both systems and I am not sure which is the best method even though I currently use the "super score" method.

After looking through the standards, example test results, and the testing process, the following thoughts will help you organize your own standards and process:

- This should be a lifetime achievement test. If you have Freshmen and Sophomores winning the Man of Steel Award, the test standards need to be harder unless the athlete is a FBS type of player. Freshmen and Sophomores have earned this award at two different schools so we changed from "Version 1" to "Version 2". The standards have to keep rising if the sports are going to get better.
- Never make the standards easier! My current boys soccer team thought it was so unfair that the 1 point standard for Bench started at 170 lbs because only one of them could do that much weight. Fast forward a year later, we have a lot more players lifting at least 170 lbs and now we have multiple soccer players over 200 lbs.
- In the original standards, one of the exercises was Vertical Leap instead of "Dunk". Doing the Vertical Leap is a much fairer test but we decided to do the "Dunk" because we did not know if our schools would have the needed measuring equipment.
- I do not like to take averages for the entire school population because I do not think it is good data. If your team has a lot of young athletes, your data is always going to be worse than if you have big senior and junior classes. That being said, one of the averages I like to see for football is to only use the data for any player that played varsity.

That gives me an idea of how we are doing with the players that determine wins and losses.

After the results are tabulated, I do a breakdown comparing the number of athletes that have won the award. This creates competition between the coaches more than anything else and it allows our administration to know what teams are not progressing or not meeting the standards. If you are only dealing with one team, you could do the same concept but break it down by position groups. The picture below is an example breakdown:

Catapult rankings are posted in the weight room. This creates constant competition between the entire athletic department and the coaches get as competitive as the players because they want their players on the lists.

I started the Top 10 Lists because some of the players stopped trying to get better. Once they got five points for an exercise, they stopped trying to get better at it. When they tested in pull-ups, they would do 15 and then stop because they were trying to save their energy for the next event. I completely understand why they did this but it was skewing my results and it was keeping them from trying to get better. There are flaws to every system and that is the biggest flaw I deal with. This is also one of the reasons why we have to change the standards from time to time. The picture below is the Top 10 Lists that are posted outside of the weight room in the hallway. Every time an athlete walks into the weight room, they have to see them and the great thing is that they actually do look at them as they walk in.

TESTING LOGISTICS

While organizing and implementing your testing procedures, the following thoughts and procedures will help get the most accurate testing results:

- Take your time! Warm-up more than normal if needed
- For all exercises except Farmers Walks, Sit-Ups, Planks, and the 300 Yard Shuttle, we give each athlete two attempts. These four exercises are so taxing that we save them until the end and nobody will want to do them twice.
- Make sure the athletes are getting ample rest between their attempts. If you are going to make a mistake, give them too much rest. For example, athletes should have at least four minutes rest between the 40 Yard Dash attempts.
- Ultimately the testing schedule ends up being determined by weather and spaces. We end up testing certain things on certain days because of when gyms are available and what the temperature is outside.
- If a group of athletes will be put at a disadvantage because of the schedule, I always give our older athletes the advantageous rotation path so they can do the explosive exercises first and then progress to the harder, more conditioning based, exercises.
- We put the hardest and most taxing exercise at the end because they will have nothing left after that exercise.

EVENT PROCEDURES

We currently do not offer electronic timing devices, this brings human error into some of the events. We must do our best to ensure timing and athletic events are fair and as accurate as possible. We always have some athletes that try to cheat and get away with it.

BENCH, SQUAT, & BARBELL EXPLODE

- Each athlete gets 2 attempts.
- We do a rep test but they can only do a maximum of 3 reps so the 1-Rep Max Calculator is accurate. Once the charts get above three reps, the margin of error increases dramatically.
- If the spotter helps them in any way or puts their hands on the bar, the rep does not count.
- For Squat, it is helpful to have coaches checking for proper depth.

PULL-UPS

- Have coaches count each player's reps because the athletes try to cheat on this exercise more than any other.
- If their chin does not go above the bar or if their arms do not go completely straight, do not count the rep. I basically stare at their elbows and chin the entire time.
- Once they let go of the bar, they are finished.

SIT-UPS

- One athlete will stand on their partners feet while they count their reps.
- The athlete should cross their hands and keep them on their opposite shoulders. They will need constant reminders for this because they all try to cheat.
- For the rep to count, they have to touch the top half of their thighs with their elbows and go down until at least half of their back is touching the ground.

PLANKS

- Each athlete has to get to each full minute for it to count. If an athlete goes 1 minute and 59 seconds, they will get credit for one minute. You will not be able to give them their own exact time because so many athletes will be performing at the same time.
- If an athlete picks their hands up at any time they are finished.
- I give the athletes one adjustment and then after that, they cannot put their hips up in the air or put their hips to the ground.
- This is very hard to officiate so you will just do your best.

FARMER'S WALKS

- For the 100 yard distance, we have our athletes go 4 x 25 yards because 25 yards is a reasonable distance to be walked in a weight room. We have the athletes go 25 yards and back, twice.
- Athletes will hold a dumbbell in each hand.
- Since the athletes will only do this one time, we have to get a score off of one attempt. Because of this, if they fail on their first lap, we take 20 lbs off of the dumbbell weight and if they fail on their second lap, we take off 10 lbs off. This is not perfect but it has worked well so far.

40 YARD DASH, 20 YARD SHUTTLE, 3 CONE L-DRILL

- Each athlete gets 2 attempts.
- We start the clock on their movement and end the clock when their chest comes through the finish line.
- If they do not touch a required line or cut off a cone, the time does not count.

STANDING LONG JUMP

- Each athlete gets 2 attempts.
- We measure to the heel of the foot that is closest to the starting line.
- We do not measure in fractions of inches. Every distance gets rounded down to the nearest inch.

VERTICAL

- Each athlete gets 2 attempts.
- They can jump off of one or two feet.

JUMP ROPE

- They will jump on 2 feet the entire time.
- One successful repetition is when the jump rope goes under their feet on one jump.
- We do not let them do double jumps/double unders.

300 YARD SHUTTLE

- We do 12 x 25 yards so we can measure change of direction and conditioning.
- Have a coach at both ends of the course to ensure that the athletes are touching the lines with their hands.