

Fitness test exercises requirements for DBWA State team for 2015 Australian Championships

Please find below on page 2 the fitness test requirements

for the DBWA State Teams for the AusDBF 2015 Australian Dragon Boat Championships

PLEASE NOTE THAT THE FITNESS TEST REQUIREMENTS BELOW ARE A BENCH MARK ONLY FOR EACH DIVISION. Divisional coaches will have the flexibility to substitute alternative exercises if there is a medical or other reason why a paddler can't do a particular exercise

Fitness Test Scoring Systems

Anyone who reached the required number of the repetitions will get 10 points, Additional reps will not add more points to the score. Received points from all exercises will be added together to calculate final score for every athlete.

Example: GGM man - one arm snatch - $30+28=58$ ($60/10=6$; $58/6=9.66$ points); sit ups - 47 ($50/10=5$; $47/5=9.4$ points) ; chin ups male - 5 = 10 points ; total score = $9.66 + 9.4 + 10 = 29.06$ points from 30 possible points.

Example Juniors U18

push ups ($50 / 10 = 5$: $xx / 5 = y.y$ points). Eg if achieved 45 push ups ($45 / 5 = 9.0$)

Sit ups ($50 / 10 = 5$: $xx / 5 = y.y$ points). Eg if achieved 40 push ups ($40 / 5 = 8.0$)

chin ups girls ($3 / 10 = .3$: $x / .3 = y.y$ points) Eg if achieved 2 chin ups ($2 / .3 = 6.66$)

chin ups boys ($10 / 10 = 1$: $x / 1 = y.y$ points) Eg if achieved 8 chin ups ($8 / 1 = 8$)

Required number of repetitions to get maximum amount of points(10)

		one arm snatch 1' each arm	bench press	sit ups	chin ups (hands forward)	beep test (need to achieve the top of each level)	Erg test	scoring exercises
Senior C	for 10 points	30 on each side	10	50 in 2'	w 1; m 5	w - level 4; m - level 6	w - 1km in 5' m - 1km in 4'	4 exercises of your choice (score from 3 best)
Senior B	for 10 points	35 on each side	10	60 in 2'	w 2; m 10	w - level 6; m- level 8	w - 1km in 5' m - 1km in 4'	5 exercises of your choice (score from 4 best)
Senior A	for 10 points	40 on each side	10	80 in 2'	w 5; m 15	w - level 6; m - level 8	w - 1km in 5' m - 1km in 4'	5 exercises of your choice (score from 4 best)
Premiers	for 10 points	45 on each side	10	100 in 2'	w 5; m 10	w - level 7; m - level 9	w - 1km in 5'; m - 1km in 3' 45"	5 exercises of your choice (score from 5)
Under 24	for 10 points	35 on each side	10	80 in 2'	w 3; m 10	w - level 6; m - level 8	w - 1km in 5' m - 1km in 4'	5 exercises of your choice (score from 4 best)
Jun U18	for 10 points	Push Ups - 50 in 2'		50 in 2'	g 3; b10	g - level 6; b - level 8		score from 4 exercises
Jun U16	for 10 points	Push Ups - 40 in 2'		40 in 2'	g 3; b 10	g - level 6; b - level 8		score from 4 exercises

Category	Women			Men		
	body weight	one arm snatch	bench press	body weight	snatch	bench press
Senior C	under 60 kg	8 kg	45% body/w	under 70 kg	10 kg	60% body/w
	over 60 kg	8 kg	45% body/w	over 70 kg	12 kg	60% body/w
	over 80 kg	8 kg	45% body/w	over 95 kg	14 kg	60% body/w
Senior B	under 60 kg	8 kg	50% body/w	under 70 kg	12 kg	70% body/w
	over 60 kg	10 kg	50% body/w	over 70 kg	14 kg	70% body/w
	over 80 kg	12 kg	50% body/w	over 95 kg	20 kg	70% body/w
Senior A	under 60 kg	10 kg	60% body/w	under 70 kg	16 kg	80% body/w
	over 60 kg	12 kg	60% body/w	over 70 kg	18 kg	80% body/w
	over 80 kg	14 kg	60% body/w	over 90 kg	20 kg	80% body/w
Premiers	under 60 kg	12 kg	60% body/w	under 70 kg	16 kg	80% body/w
	over 60 kg	12 kg	60% body/w	over 70 kg	18 kg	80% body/w
	over 80 kg	14 kg	60% body/w	over 90 kg	20 kg	80% body/w
Under 24	under 60 kg	10 kg	55% body/w	under 70 kg	14 kg	70% body/w
	over 60 kg	12 kg	55% body/w	over 70 kg	16 kg	70% body/w
	over 80 kg	14 kg	55% body/w	over 90 kg	20 kg	70% body/w