



2024
Testing
Protocols

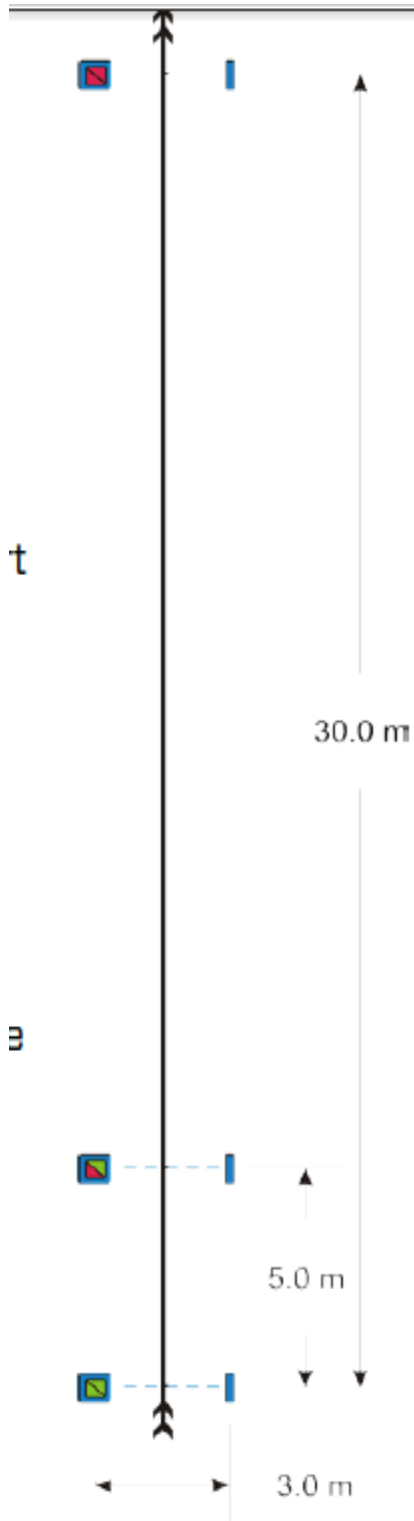


Guidelines and Protocols:

- Athletes will be assigned an RFID wristband, that is their ID and they must wear it at all times.
- Every athlete will get 2 attempts at each drill. **If both attempts are faulty, they will be given another attempt until a proper time has been achieved.**
- Fuel Performance staff will communicate via radio to ensure proper attempts have been made.

Recommended Testing Protocols

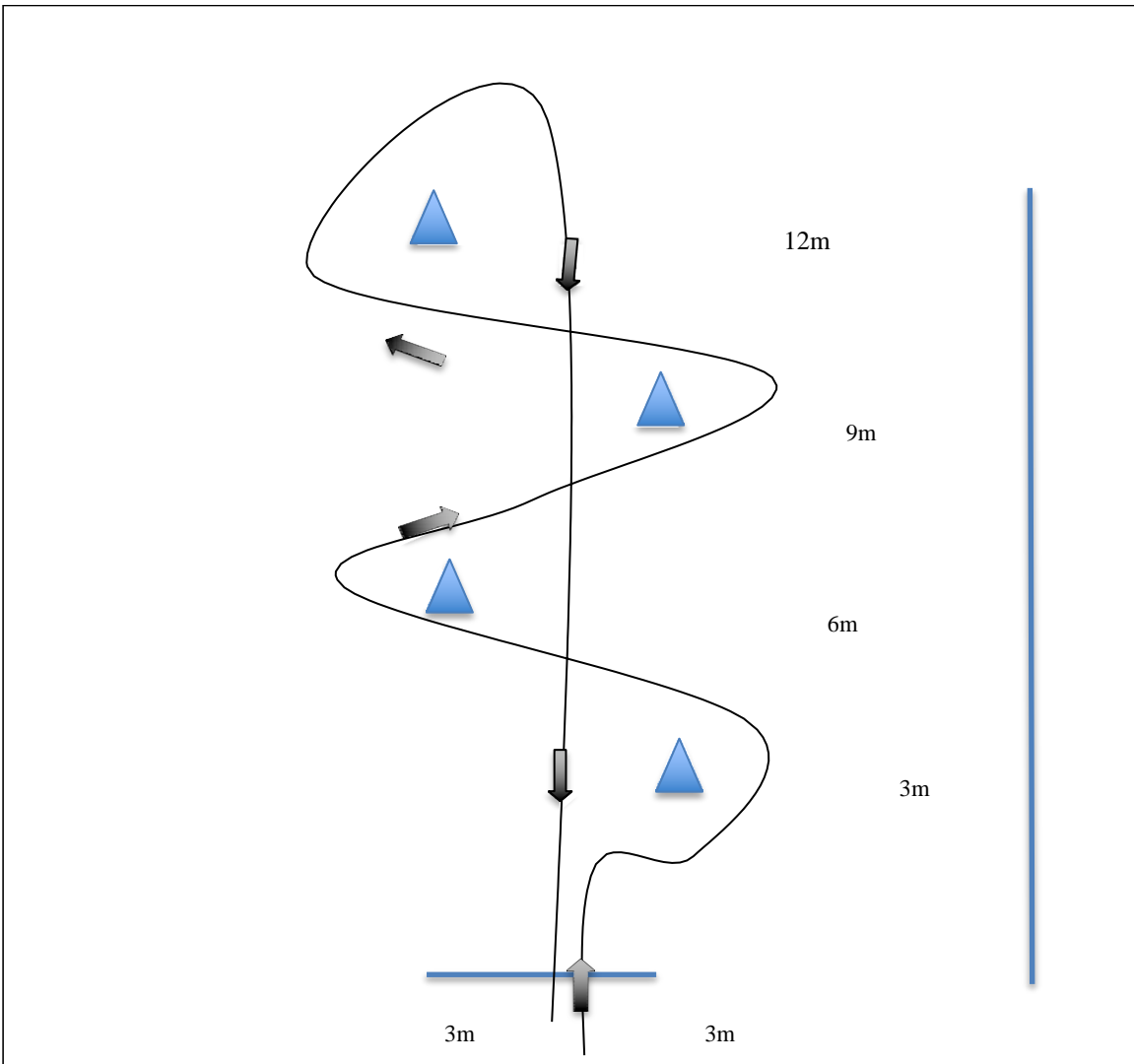
1. 30m Forward w/o Puck
2. 30m Forward w Puck
3. 30m Backward w/o Puck
4. Weave Agility w/o Puck
5. Weave Agility w Puck
6. Transition Agility w/o Puck



○ **30m Sprint (30% weight)**

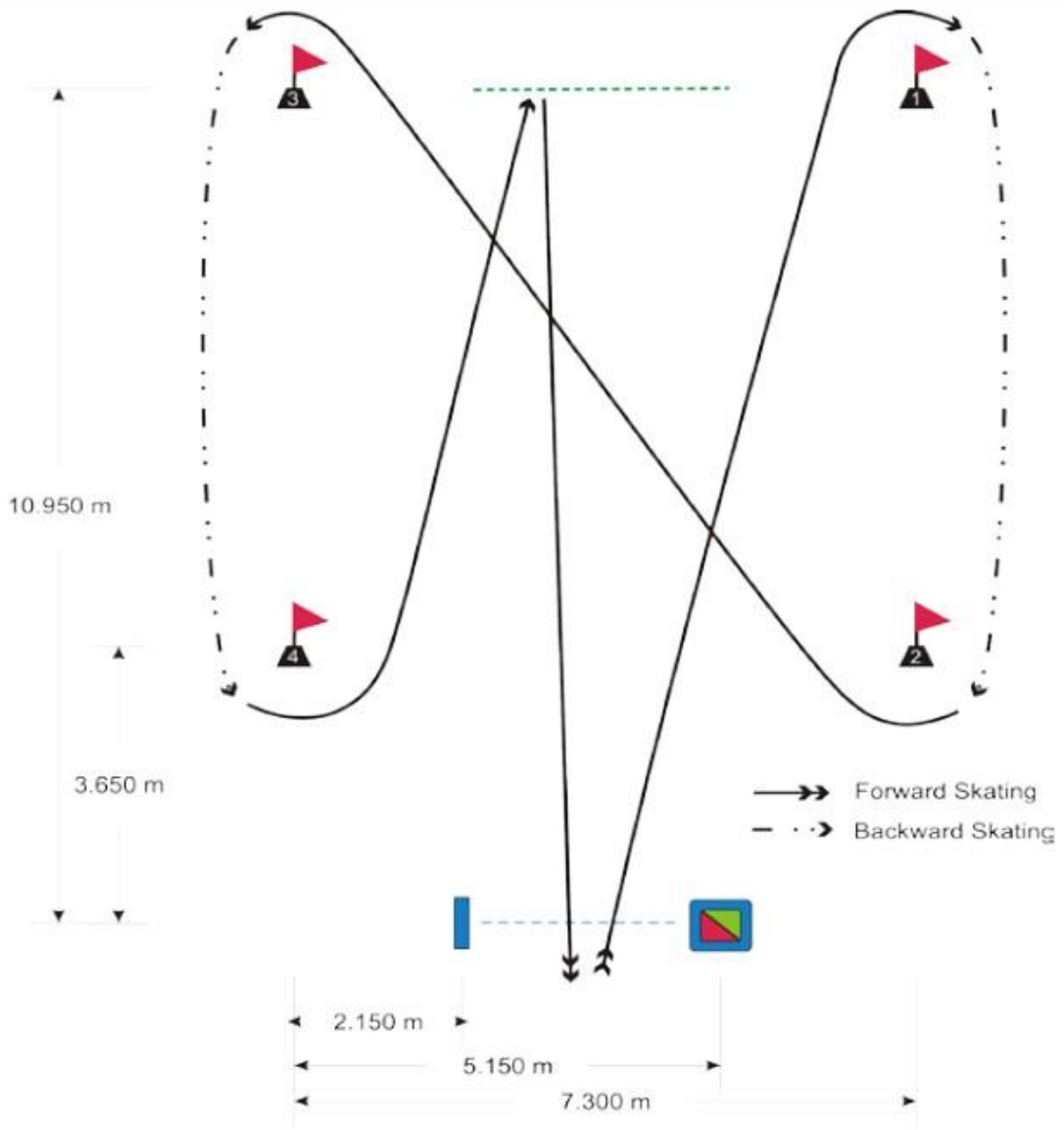
- Purpose: To determine linear acceleration and top speed while forward and backwards skating.
- Time starts when athlete's torso breaks the gate and ends when they cross the final gate.
- FWD (10% weighting)
- FWD with Puck (10% weighting)
- BWD (10% weighting).
- There will be no 5 m time.
- Attempts: 2 per configuration.

30m Sprint
Layout



○ **Weave Agility Test (35% Weight)**

- Purpose: To determine an athletes edge control and their ability to change direction at top speeds.
- **With and without puck.**
- **15 % weight without puck.**
- **25% weight with puck.**
- **2 attempts.**

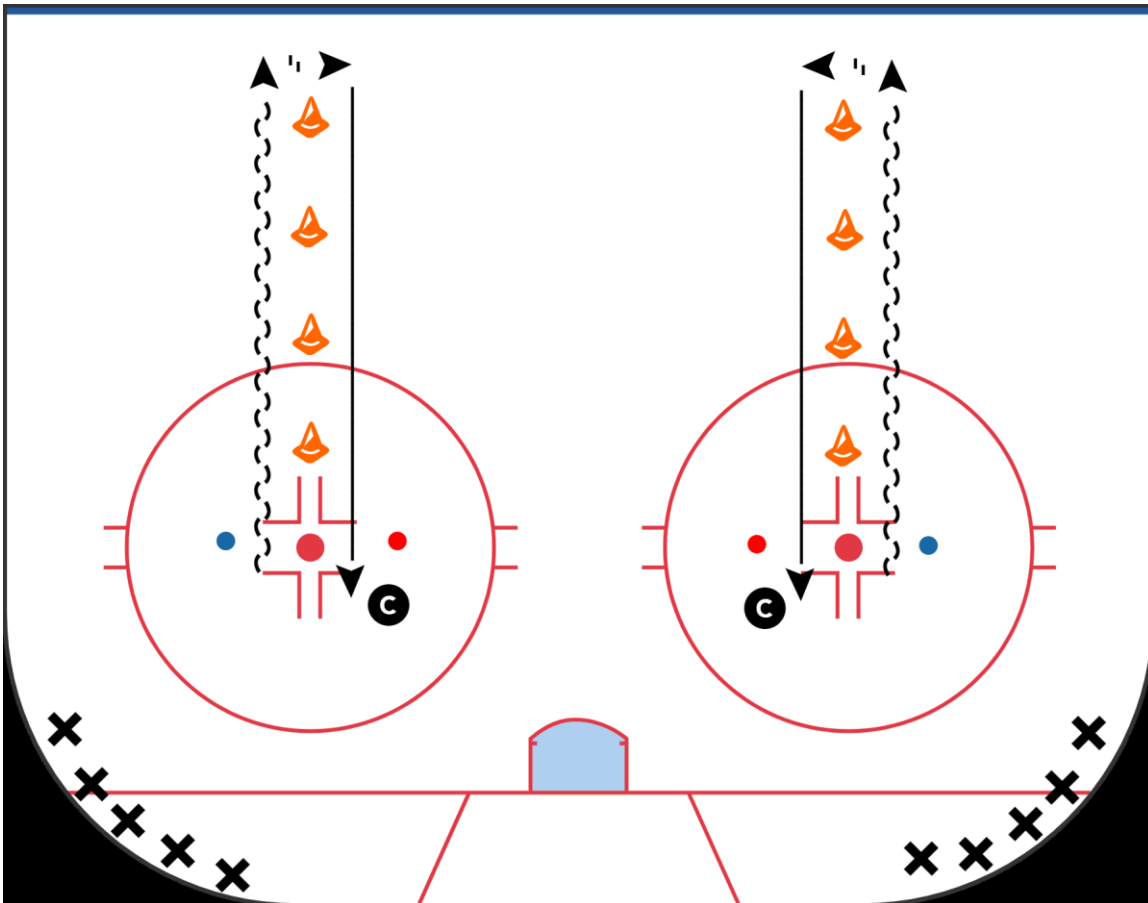


Transition Agility Layout

- **Transition Test (35% Weight)**
 - Purpose: To analyze an athlete's ability to transition from forward to backwards, and vice versa.
 - See below for U9

• U9 Transition

- Player starts backwards.
- Once the player reaches the top cone, they transition forward, navigating down the other side of the cones, and finish through the gates.
- .Each player gets one attempt per side, and the best time is recorded.





Frequently Asked Questions (FAQ)

1. How many attempts does each athlete get at each drill?

- **Answer:** Athletes receive two attempts at each drill. Every athlete must achieve at least one successful attempt.
- **Example:** If an athlete makes an error, falls, or is hindered on their first attempt but completes the drill correctly on the second attempt, the second attempt will count.
- **Additional Attempt:** If the athlete makes an error on both attempts, they will receive additional attempts until the drill is completed correctly.
- **Communication:** In the case of any error, Fuel staff will communicate via radio, and the invalid time will be disqualified.

2. Does the wristband affect the timing of the drill?

- **Answer:** No, the wristband solely identifies the athlete at the start of each drill. Our laser timing devices use Core Capture™ technology, ensuring swift processing and standardized measurement that eliminates the possibility of hand or stick interference with the laser.

3. What happens if an athlete gets a running start, skips a cone, or doesn't follow the drill correctly?

- **Answer:** Fuel staff are trained to immediately communicate any such infractions to the controller via radio. As a result, that time will be disqualified, and the procedures outlined in question #1 will be followed.

4. The start light didn't turn green during my drill. Was my time recorded?

- **Answer:** In 99% of cases, the athlete's time is recorded correctly. The lack of a green light is usually due to the software working at full capacity.
- **Technology Check:** In the unlikely event that the technology did not record the athlete's attempt, this will not count as an official attempt, and the athlete will be given another opportunity.

5. What happens if an athlete doesn't give their best effort?

- **Answer:** At the start of every session, we inform athletes to perform each drill as fast as possible while maintaining control. Fuel staff will provide reminders throughout the session, but ultimately, it is the athlete's responsibility to give 100% effort during each drill.

6. What safety measures are in place during testing sessions?

- **Answer:** Safety is our top priority. Fuel staff are trained to handle emergencies, and we ensure that all drills are conducted in a controlled and safe environment. Athletes are also briefed on safety protocols before each session.

7. Can parents observe the testing sessions?

- **Answer:** Yes, parents are welcome to observe from the stands. However, please note that our staff members are focused on the testing process, and we ask that parents refrain from interacting with athletes or staff during the session.

Key Takeaways:

- **Communication:** Fuel staff maintain constant radio communication with the controller to ensure accuracy and address any errors immediately.
- **Parent Observation:** While it may not always be apparent from the stands, rest assured that our procedures are designed to track, record, and rectify any errors as efficiently as possible.
- **Fairness and Transparency:** Our goal is to provide every athlete with a fair, accurate, and objective evaluation, with a robust process in place to ensure quality control.



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