

## SPARQ TEST INFORMATION

### SPARQ Athletic Assessment

An integral component of building overall athleticism is the evaluation process. All athletes at Velocity Sports Performance perform periodic SPARQ Athletic Assessments. These evaluations serve to create an athletic snapshot and provide a baseline of performance to measure individual improvement. Additionally, the comparison of periodic and sequential SPARQ Athletic Assessment values is the primary tool used to monitor athlete progress as well as effectiveness of the training programs. Aside from testing values, performing evaluations also allows the Performance Coach to observe key movement patterns that may or may not be reflected in the results. The SPARQ Athletic Assessment is an important component of your Nike SPARQ Training regimen. The SPARQ Athletic Assessment was developed by Velocity Sports Performance coaches in conjunction with SPARQ and replaces standard Velocity Sports Performance testing.

### Description of five components

SPARQ test selection at Velocity Sports Performance is based on assessing overall athleticism. Due to the design of the training programs, and the fact that athletes of virtually every sport enroll and train together at Velocity Sports Performance, the performance evaluation assesses overall abilities of athletic performance rather than sport-specific skills.



**Vertical Jump:** The standing vertical jump test reveals an athlete's development of lower-body peak power, a performance characteristic proven to distinguish athletes of various ages and competitive classes. Many studies have shown that vertical jumping ability, and thus peak lower body power, is a reliable predictor of acceleration and speed among various field-sport athletes.

**Kneeling Power Ball Toss:** As an integrated multi-joint movement, the Kneeling Power Ball Toss mimics the upper body pressing and pushing demands of athlete-on-athlete sports. This test serves to assess the athlete's ability to initiate power through the hips while further evaluating the strength and explosiveness of the upper body.



**20 Meter Sprint – 40 Yard Dash:** The 40 yard dash test measures an athlete's rate of acceleration and ability to transition into top speed running. The ability to exhibit both high rates of acceleration and top speed during athletic competition often distinguish successful efforts between those just coming up short. An additional analysis of field and court sports shows that most young athletes will execute straight-line sprints for only 2 to 3 seconds before encountering an obstacle or altering direction to gain advantage. For this reason, the 20 meter split time is also factored into the evaluation.



**Agility Shuttle (5-10-5):** This test assesses the agility of an athlete. It measures the athlete's ability to maintain body control through rapid changes of speed and direction. Many competitive sporting situations demand multiple changes of direction which in turn require the strength to decelerate, alter posture and orientation then re-accelerate toward a target. This test, with two sharp changes of direction, simulates those challenges.



**Yo-Yo Intermittent Recovery Test, Level 1:** The Yo-Yo Intermittent Recovery Test (YIRT) measures an athlete's capacity to execute and recover from subsequent running bouts of increasing intensity. The intermittent nature of the test taxes the energy system, both aerobic and anaerobic, in a way that relates to the stop-and-go pace of many team sports. The YIRT is only administered for athletes 12 and older.