

CUMMINGS ATHLETICS

TENNIS FITNESS TEST

1.5 mile run (Test aerobic endurance): Times should be recorded in order to monitor improvement.

TARGET TIMES: 10 min. (m) 12 min. (w)

1 mile on tennis courts TARGET TIMES: 5:45 (m) 6:45 (w)

Spider test (Test agility, speed): 5 balls are put at various corners of the backcourt 1. baseline / singles sideline 2. service line / singles sideline 3. service line / center line 4. service line / singles side line 5. baseline / singles sideline. Player starts and the center slash mark and then retrieve every ball one by one returning the ball to the center slash mark. The player will do three sets and their best time will be recorded. TARGET TIMES: 17 sec. (m) 18 sec. (w)

20 yard dash: The player will have three opportunities with their best time being recorded.

TARGET TIMES: 3.0 sec. (m) 3.2 sec. (w)

Hexagon test (Test agility, dynamic balance, coordination): A six sided figure taped to the ground with each side being 2 feet long with equal angles (120 degrees) between each line will comprise the hexagon. Begin inside the hexagon and alternately jump to the outside of one line, back inside and immediately outside the adjacent line. Do this in a clockwise movement as quickly as possible without hitting the lines until you have completed three rotations. Each time will be recorded with a half-second added for every line hit or any omitted jump. Quick feet drills like the hexagon and jumping rope can help improve scores. TARGET TIMES: 11.5 sec. (m) 12.0 sec. (w)

Sit-ups (60 sec.) (Test abdominal and hip muscle strength and endurance): Begin on the ground with your knees flexed, hands behind your head and a partner holding your feet. Contracting the trunk muscles, perform a sit-up until your elbows touch your knees and return to the down position so your shoulder blades touch the court. Do not pull your head with your hands and remember to breathe rhythmically. These sit-ups are for test purposes only. A proper sit-up for conditioning actually is an abdominal curl and should be done slowly. The elbows should be pointed to the sides, not forward, with the person curling up slightly, and no one securing the legs. Curls and other abdominal exercises with free weights or machines can help improve scores. TARGET TIMES: 42-45 (m) 39-42 (w)

Push ups (60 sec.) (Test upper-body muscular strength and endurance): The push-up is performed beginning in the top position with arms straight but not wide and hips in line with trunk. Lower yourself until your upper arms are parallel with the court surface (you do not have to touch your nose or chest to the court) and return to the up position. Breathe rhythmically as you do the push ups. Push-ups and upper body strength exercises with free weights or machines can help improve scores. TARGET TIMES: 36-40 (m) 18-23 (w)

Sit and reach (Test flexibility): Sit with your feet flat against a short, vertical surface such as a crate. Without bending your knees, reach as far as you are comfortably able to reach. Do not force the movement or bounce. You should point your fingers while your partner measures how far from your toes you are (measure in negative numbers) or how far you reach beyond your toes (measured in positive numbers). Flexibility exercises to increase range of motion can help improve score. TARGET TIMES: +1-+2 (m) +2-+3 (w)

Vertical Jump (Test leg power): Perform this exercise against any wall, fence or vertical upright structure where there are no obstacles (for example, a bar across the bottom of the fence or a hole in the backdrop that you could catch your hand in). Stand against the vertical structure with your heels down and reach as high as you can. Mark the spot to record your standing reach. Now without taking a step, flex your legs then explode vertically. Touch the upright ruler as high as possible. The difference between the two distances is your vertical score. Against a wall, you may also stand and mark with a piece of chalk, then jump and mark the highest point with the chalk, measuring the distances between the two marks. Lower body strength exercises with free weights or machines can help improve your score. TARGET TIMES: 19 inch (m) 13 inch (w)

Service box shuttle (Test agility, speed): The player will start in the middle of the service box, alternate touching the center line and the singles sideline with their hand. How many lines the player touches in 30 seconds will be recorded. During this test there are sets with a 30 second rest period between each set. TARGET TIMES: 25 (m) 22 (w)

Singles sideline shuttle (Test agility, speed): The player will start on the center line alternate touching the singles sidelines with their hand. How many lines the player touches in 30 seconds will be recorded. During this test there are 3 sets with a 30 second rest period between each set. TARGET TIMES: 16 (m) 13 (w)

18 inch jump (Test leg power, endurance, agility, dynamic balance, coordination): Jump back and forth over an 18 inch band as many times as possible in 20 seconds. TARGET TIMES: 43 (m) 38 (w)