



WATER POLO PLAYER – ACADEMY

Name:

LOG BOOK

Date started water polo.....

Training is held on Thursday evenings at 8.30 -10.00 at Whitgift School pool

	Date	Tick for attendance
Week 1		
Week 2		
Week 3		
Week 4		
Week 5		
Week 6		
Week 7		
Week 8		
Week 9		
Week 10		
Week 11		
Week 12		
Week 13		
Week 14		
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Week 26		
Week 27		
Week 28		
Week 29		
Week 30		
Week 31		
Week 32		
Week 33		
Week 34		
Week 35		
Week 36		

Core Body Strength Tests

The Academy is the first step for individuals to recognise their ability to change their own training environment. The Academy will introduce rudimentary medicine and Swiss ball work, which will help to improve core stability, fitness and strength. In line with Long Term Athlete Development guidelines, it is envisaged that all athletes in the academy will undertake Swiss ball, core body strength and band work frequently, to complete at least 11/2 hours of dry land training a week.

Why do Fitness tests?

Fitness tests are invaluable, as by carrying out standardised tests, which are repeated frequently, you can gain a valid estimate of your progress.

If your fitness/ strength does not appear to be improving, you can discuss your training with your coach, so that together you can make adjustments to your training programme and lifestyle to ensure that the training you are doing is beneficial. If on the other hand, the tests indicate that your fitness and strength are improving, you can gain confidence from knowing that you are on the right track with your training.

Core Body Strength Test

If core strength is poor, the torso tends to move unnecessarily during motion, wasting energy; if core strength is good, an athlete can move with high efficiency.

You can test your core strength as follows:

Assume the prone 'Plank' position, with full body weight supported only by your forearms and toes. Your body should be absolutely linear as you do this and your pelvis tucked (for proper tucking, tighten your butt muscles so that the bottom of your pelvic girdle moves forward or – in this case – towards the ground):

1) Test 1: BASIC (Plank)

Hold the basic 'plank' position (weight on forearms and toes) for 60 seconds.

2) Test 2 : Sit Up Test

1. Start by lying on your back with knees bent, feet together, and heels flat on the floor.
2. A partner holds the feet down.
3. The fingers are locked behind the head or the hands are cupped over the ears.
4. In the up position, you must touch both elbows to both knees and then return to a lying position at which the shoulder blades must touch the ground. This will constitute one sit-up

Score: total number of sit ups in one minute

3) Test 3 : Press Up Test

1. Begin in a press up position, with feet together, back straight and hands shoulder width apart.
2. A partner places a fist on the ground under the chest of the subject.
3. From the up position, the subject lowers himself/herself to the ground until his/her chest touches the partner's fist and then pushes back to the up position.
4. Note: The elbows must lock out in the up position. This will constitute one push-up.

A repetition will not be counted if the protocol is violated.

Score: Total number of press ups in one minute.

Date	Type of test	Result	Comment
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Player Achievements and Targets

Record your targets and achievements and record competitions with results, goals, assists

Date	New Target	date achieved	Coaches comment
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