“Eagles Eyrie” Fitness Test

“The lofty nest of a bird of prey (such as an eagle).”

**Day 1**

Modified Man U-Fitness test: 100 yard sprint followed by 100 yard recovery jog

Run Sprint Time Recovery Time

1-12 26 sec. 34 sec.

13 23 sec. 37 sec.

14 22 sec. 38sec.

30 second rest

15 21 sec. 39sec.

16 20 sec. 30 sec.

17 19 sec. 41 sec.

30 second rest

18 18 sec. 42 sec.

19 17 sec. 43 sec.

20 16 sec. 44sec.

You earn a point for each sprint completed, once you miss a sprint you cannot earn any more points but you must finish the test. Maximum points 20.

**Day 1**

10-80 yard sprints the first 5 in 14 seconds, followed by an 80 yard recovery jog in 46 seconds. The next 3 in 13 seconds and a 47 second jog recovery and the last 2 in 12 seconds followed by a 48 second recovery. Each 80 starts on the minute. Each 80 yard sprint is worth a point. Total points possible 10. Once you miss a sprint your total points for this test is done and you must finish the test.

**Day 1**

Mile and half run worth 10 points. Points are awarded based on the schedule below.

11 points 10 minutes or less

 10 points 10:01-10:30

 9 points 10:31-11:00

 8 points 11:01-11:30

 7 points 11:31-12:00

 6 points 12:01-12:30

 5 points 12:31-13:00

 4 points 13:01-13:30

 3 points 13:31-14:00

 2 point 14:01-14:30

 Greater than 14:30 failed

**In order to play varsity a player must accumulate a minimum of 33 points. In order to be a starter a player must accumulate 35 points or more.**