

United States *Luge* Association

Senior National Team Physical Test Standards Personalization

Due to the different levels of fitness, success, motivation, and experience of our athletes, athlete goals and physical tests minimums must be individualized. Individualization will come in various areas such as, decreased start times, increased weight, decreased weight, improved physical test scores or decreased % body fat. A sign-in schedule can also be utilized to monitor the activities of an athlete in the areas of starts, physical training, etc.

Physical Testing Level:

The minimum standards will remain intact, but as a reference standard for entry-level senior athletes.

Athletes who have already passed the physical tests once will have subsequently established their own individual physical test score minimums. (Ex. The entry-level min. standard for Push-ups is 37. Dan, in the past, did 41. His minimum standard has therefore increased to 41.) A one or two repetition cushion will be give for certain tests, or a small time cushion will be given for running and agility tests. There will be no cushion for start times.

Minimum Standards and their meanings:

- Baseline Minimum will be the standards the athlete must meet in order to qualify for or remain on the National Team.
- Individual Minimum will be the basis of what the athlete must meet in order to receive a portion, all, or bonus of the Race Incentive Money that the athlete may earn from the USLA.

| | | | | |
|------|-------------|----------------|-----|-----------------|
| (Ex. | | 42-43 Push-ups | 55% | (a bonus of 5%) |
| | Ind. Stand. | 41-40 | 50% | |
| | | 39-38 | 40% | (10% less) |
| | Ref. Stand. | 37 | 30% | (20% less) |
| | | <37 | 0% | |

Therefore, there will be a bonus for those athletes who increase their personal best or individual minimum standard.

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There are three components that will make up the Physical Test Reward System. Part I encompasses the Physical Tests (Pull-ups etc.) and will be worth 50%. Part II is the USLA Start Test and will be worth 25%. Part III is based upon the single best start in international World Cup or World Championship competition on a per race basis, and this is also worth 25%. The final percent will be the total of all three parts and will represent the percentage of incentive money that the athlete will receive for that particular race's placing.

Part I Physical Tests

The physical test portion of the system will consist of a specific number of physical tests as outlined in the *Physical Test Standards For Selection To A USLA Team* policy. Each athlete will have an individualized set of goals. The Goal for each test will be given a 50% value. If the goal is exceeded or not reached then there is a corresponding increase/decrease in value. The goals will be set by the Conditioning Coach and the athlete after examining the personal best of the athlete for each test and evaluating whether or not it is at a satisfactory level. If it is deemed to be too low then a reasonable goal will be set to require a greater level of fitness and to progress that athlete toward a more elite physical status. The achieved percentage for each test will then be averaged to get an overall physical test percentage. This value will be added to the percentages achieved in Parts II and III for the overall score.

Part II USLA Start Test

The Start Test portion will be an average of two consecutive starts, but the times will be given a percent value instead of point value. The GOAL start time will have a percent value of 25%. Again, if the goal is surpassed, or not reached, then there is a scaled increase/decrease respectively in the percent awarded for this portion of the system. This value will be added to the percentages achieved in Parts I and III for the overall score.

| | 30% | 27.5% | 25% | 20% | 15% | 10% | 5% | 0% |
|-------------------------------------|------------|--------------|------------|------------|------------|------------|-----------|-----------|
| Men's Singles Start (Sec.) | 1.28+ | 1.29+ | 1.30+ | 1.31+ | 1.32+ | 1.33+ | 1.34+ | 1.35+ |
| Doubles Start (Sec.) | 1.29+ | 1.30+ | 1.31+ | 1.32+ | 1.33+ | 1.34+ | 1.35+ | 1.36+ |
| Women's Singles Start (Sec.) | 1.37+ | 1.38+ | 1.39+ | 1.40+ | 1.41+ | 1.42+ | 1.43+ | 1.44+ |

Part III International Start Results

The International Start portion is based on the single best start time on a per race basis. The start will be rounded off to .01 of a second and then ranked against all of the other athletes in the race. The percent of award will be scaled as follows:

| | | | | | | | | |
|---|------------|--------------|------------|------------|------------|------------|-----------|-----------|
| | 30% | 27.5% | 25% | 20% | 15% | 10% | 5% | 0% |
| Singles or Doubles Start Placing | 1-3 | 4-6 | 7-10 | 11-13 | 14-15 | 16-17 | 18-19 | 20+ |

The percent achieved in this part will be added to the percentages achieved in Parts I and II.

The total percentage will be the percent of incentive money that the athlete will receive for a placing in that race.

If any athlete or team places in first, second, or third place of the race in question, then they will receive at least 100% of the incentive money for that placing. This takes place even if their percentage was lower than 100% through the individual computation method.

Bonus Possibilities

It is possible to earn as much as 120% of a placing's award for scoring at the highest level of each test. For example, a Gold medal at 120% would result in a payment of \$3600, not \$3000. An athlete who finishes fifth at 120% would receive a payment of \$1200, not \$1000.

Note to file - the most recent changes to this document occurred in November 2004 and comprised a comprehensive review of the policy.