Camp Abilities Brockport

Sports Assessment Packet

Camper Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Counselor Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Track & Field Assessment** | | | | |
| **Skill** | **N/A** | **PA, TA, Independent** | **V. Cue** | **Total Distance or Time if Applicable** |
| **Standing Long Jump** |  |  |  |  |
| Prep Stage: flexion of both knees with arms extended behind body |  |  |  |  |
| Arms extend forcefully forward and upward reaching full extension above head |  |  |  |  |
| Take off and land on both feet simultaneously |  |  |  |  |
| Arms are thrust downward during landing |  |  |  |  |
| **Shot Put** |  |  |  |  |
| Fingers wrapped around shot put, firm against neck |  |  |  |  |
| Pivot back foot, rotate hips |  |  |  |  |
| "Put/Release" shotput away from face, fingers flick out |  |  |  |  |
| **Discus** |  |  |  |  |
| Hold discus with open even handed grip |  |  |  |  |
| Rotate hips and arms back |  |  |  |  |
| Pivot back foot, rotate hips forward |  |  |  |  |
| Release discus with a long pull, off the pointer finger |  |  |  |  |
| **Running** |  |  |  |  |
| Arms move in opposition to legs |  |  |  |  |
| Elbows bent |  |  |  |  |
| Non-Support Leg bent 90 |  |  |  |  |
| Brief period where both feet are off the ground |  |  |  |  |
| 50 Meter Sprint |  |  |  |  |
| 1 Mile run |  |  |  |  |
| **Duathlon** |  |  |  |  |
| Running Distance: |  | Individual Split: |  |  |
| Biking Distance: |  | Individual Split: |  |  |
|  |  | Total Time: |  |  |

Beep Baseball Assessment

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Skill** | **N/A** | **PA, TA, Independent** | **V. Cue** | **Total Distance or Time if Applicable** |
| **Running Bases (100ft trial)** |  |  |  |  |
| Standing at home, face and point to beeping base |  |  |  |  |
| **Fielding the Ball** |  |  |  |  |
| Assume a ready stance (feet apart, knees bent, hands ready) |  |  |  |  |
| Sweep arms to locate the beep baseball |  |  |  |  |
| Field a rolled beep baseball |  |  |  |  |
| Field a batted beep baseball |  |  |  |  |
| **Hitting (Striking a Stationary Ball)** |  |  |  |  |
| Dominant hand grips bat above nondominant hand |  |  |  |  |
| Nonpreferred side of body faces the imaginary tosser with feet parallel |  |  |  |  |
| Hip and shoulder rotate during swing |  |  |  |  |
| Transfers body weight to front foot |  |  |  |  |
| Bat contacts ball |  |  |  |  |

Goalball Assessment

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Skill** | **N/A** | **PA, TA, Independent** | **V. Cue** | **Total Distance or Time if Applicable** |
| **Ready Position** |  |  |  |  |
| Face the other team |  |  |  |  |
| Knees Bent |  |  |  |  |
| Hands out in front |  |  |  |  |
| **Underhand Roll** |  |  |  |  |
| Preferred hand swings down and back, reaching behind the trunk while chest faces cones |  |  |  |  |
| Strides forward with foot opposite the preferred hand toward the cone |  |  |  |  |
| Bends knees to lower body |  |  |  |  |
| Releases ball close to the floor so ball does not bounce more than 4 inches high |  |  |  |  |
| **Defensive Position** |  |  |  |  |
| Determine if ball is going left or right |  |  |  |  |
| Dive on ground with legs slightly apart and arms above and in front of head |  |  |  |  |

|  |  |  |  |  |
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| **Skill**  Tandem Biking Assessment | **N/A** | **PA, TA, Independent** | **V. Cue** | **Total Distance or Time if Applicable** |
| **Distance (laps)** |  |  |  |  |
| Day 1 \_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_ |  |  |  |  |
| Day 2 \_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_ |  |  |  |  |
| Day 3 \_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_ |  |  |  |  |
|  |  |  |  |  |

**Stand-Up Paddle Boarding Assessment**

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| **Skill** | | **N/A** | **PA, TA, Independent** | **V. Cue** | **Total Distance or Time if Applicable** |
| **Safety** | Lifejacket (putting on) |  |  |  |  |
| Responsiveness to Commands |  |  |  |  |
| **Paddle** | Adjust to Correct Height |  |  |  |  |
| Use of Grip |  |  |  |  |
| Orientation of Blade in Water |  |  |  |  |
| **Board** | Knowledge of Parts |  |  |  |  |
| (fin, nose, tail, handle, decking) |
| Orientation in Water |  |  |  |  |
| **Stances** | Sitting |  |  |  |  |
| Kneeling |  |  |  |  |
| **while paddling** | Standing |  |  |  |  |
| Travel/Moving on the Board |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Independent |  | Effective |  |  |
| **Strokes** | Y/N |  | Y/N |  | Notes |
| Forward Stroke |  |  |  |  |  |
| Sweep - Forward |  |  |  |  |  |
| Sweep - Reverse |  |  |  |  |  |
| Stopping |  |  |  |  |  |
| Draw - to the Nose |  |  |  |  |  |
| Draw - to the Tail |  |  |  |  |  |