

TRIPLE STAR NATIONAL TEAM COMBINE EVALUATION

Build A World Class Ice Hockey Program

Focused on the players.

Strengthen NZ Identity

Pride in the jersey. Pride in how we play.

Build Good Habits/Skills

Both on and off the ice. A player/people centric experience that is grounded in wanting to make everyone in attendance better at what they do.

Grow as a unit

Whānau. Everyone pulling in the same direction.

Benchmark

Players current skills & fitness and set realistic standards for improvement.

We would like to provide you with an overview of how the evaluations and benchmarking process will work during the North and South Triple Star combines.

Evaluations will be conducted at both combines, and comprehensive data will be collected from each participant. This data will then be carefully processed and analysed for each individual team and player.

Based on the data collected, we will establish initial benchmarks for each team. These benchmarks will be categorised into three levels: red, orange, and green. The red level will represent the lower portion of evaluations, orange will denote the middle third, and green will signify the top third of testing results.

Our expectation is to see players progress from red to orange and from orange to green over time. The green level will set a higher standard for top evaluation results.

It's important to note that evaluations are not the sole determining factor when selecting National team players. However, it is undeniable that players who consistently meet or exceed standards are likely to face fewer challenges when representing New Zealand.

We believe that this approach will provide valuable insights and aid in the growth and improvement of our teams and players.



PROGRAM DEVELOPMENT



JOSH FOREMAN

BPE, MSc – Ex Sci in CEP (Clinical Exercise Physiology), ACSM, and TPI (Level 1, currently studying towards level 2)

Exercise Physiologist / Performance Trainer / University of Auckland Lecturer in Ex Sci

I have experience in utilising sports performance and clinical testing equipment across a variety of cohorts. I can design, perform and report in great detail across a broad spectrum of capacities including mobility, speed, agility, endurance, strength and power.

I have a Masters degree in Clinical Exercise Physiology from Auckland University and am also now a part of the Education faculty teaching exercise physiology, anatomy, and biomechanics to undergraduate students in the Sports, Health and Physical Education bachelor's programme. I am also currently studying towards a Titleist Performance Institute certification for golf specific fitness training and coaching.

I am passionate about teaching all things related to exercise science, and I strive to provide the best service possible so that my students and clients can excel in their chosen areas.



#1 OFF ICE TESTING – YOYO TEST

Summary

The Yo-Yo Intermittent Recovery Test Level 1 test was developed to measure an athlete's ability to repeatedly perform high-intensity aerobic work. Since then, it has established itself as one of the most commonly used aerobic field tests for youth and recreational athletes. It has been shown to be a valid and reliable predictor of high-intensity aerobic capacity and VO_2 max amongst athletes from various sports and competition levels.

Click here:

[The Science](#)

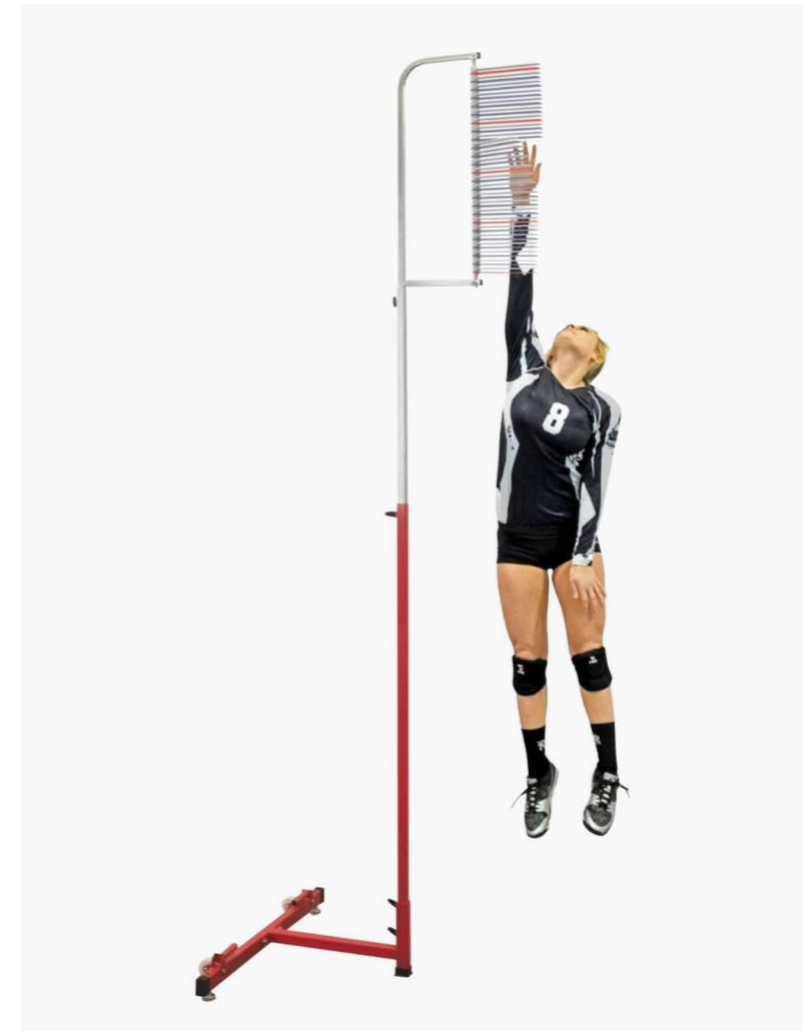
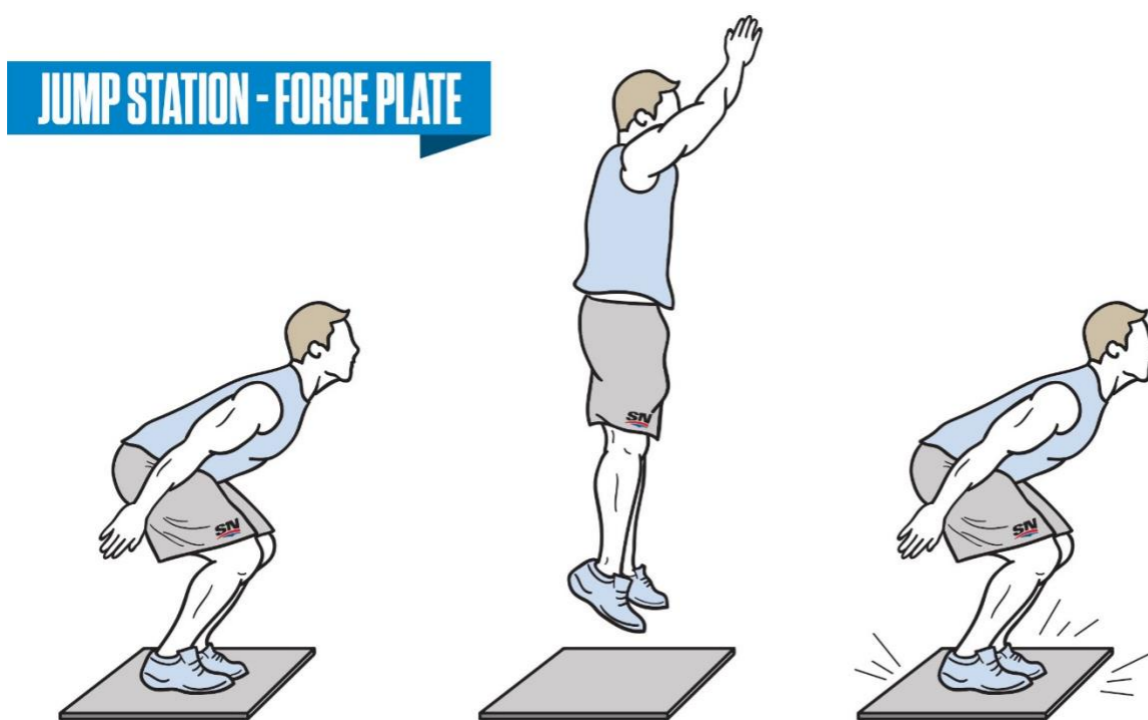
[Yo-Yo Test 1 Max Calculator](#)



#2 OFF ICE TESTING – JUMP STATION FORCE PLATE

Summary

Three jump types will be performed: Vertical Jump (Counter movement jump, with arm swing), No Arm Jump (Non-Counter movement jump, hands on hips) and Squat Jump (Non-counter movement jump variation, hands on hips). Each athlete may perform several practice jumps, but should be sub-maximal to prevent fatigue. Once ready, each athlete will perform three attempts for each test. The athlete's best result from each of the three attempts of each jump will be recorded.



#3 OFF ICE TESTING – LATERAL BOUND

Summary

Lateral Bound – Start by standing on one leg, and then jump as far as you can to the side and stabilise. Each attempt must be stabilised to count. The best result out of three attempts on each side is counted.



#4 OFF ICE TESTING – STANDING LONG JUMP

Summary

Standing Long Jump – Athlete stands with feet slightly apart with toes behind the jumping line.

Using arm swing to assist, the athlete jumps as far as possible.

A stabilised landing must be achieved in order to count. If one foot is further ahead than the other, take the reading from the front foot.

I recommend measuring from the heel for each result.



#5 OFF ICE TESTING – 3 PUCK SHUTTLE

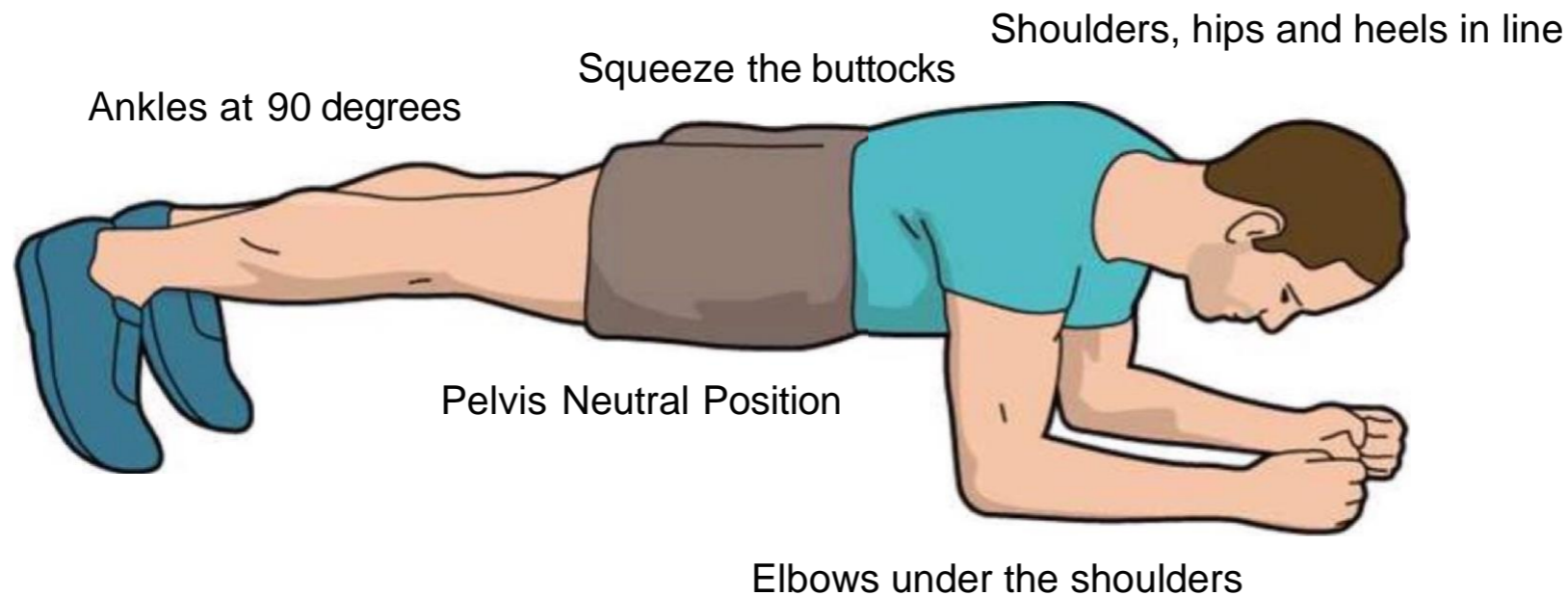
Summary

3 Puck Shuttle 5 Meters: Move one puck at a time 5 meters and back to the start line.



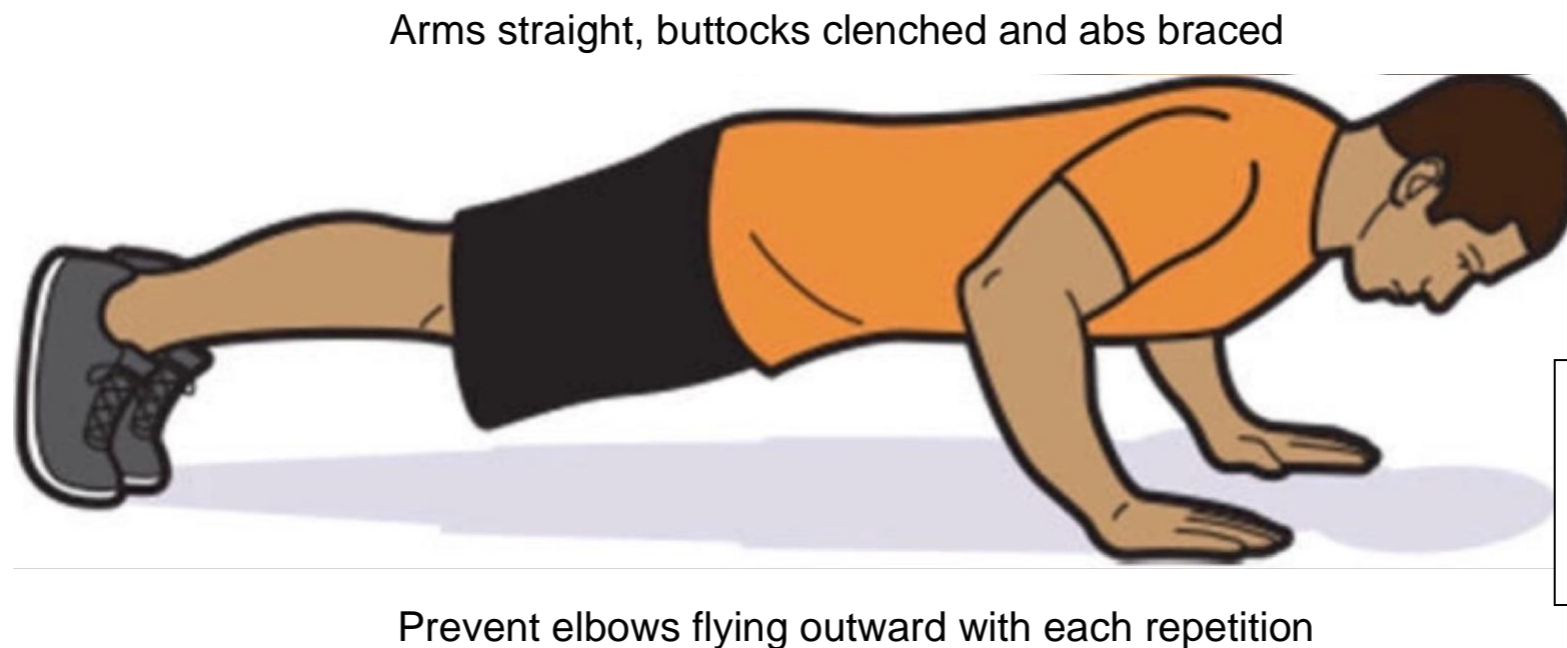
#6 + #7 OFF ICE TESTING – CORE STRENGTH – PUSH UPS

Plank hold time:



Time is recorded if the person significantly deviates from their original position. The person does not need to go any longer than 3 mins.

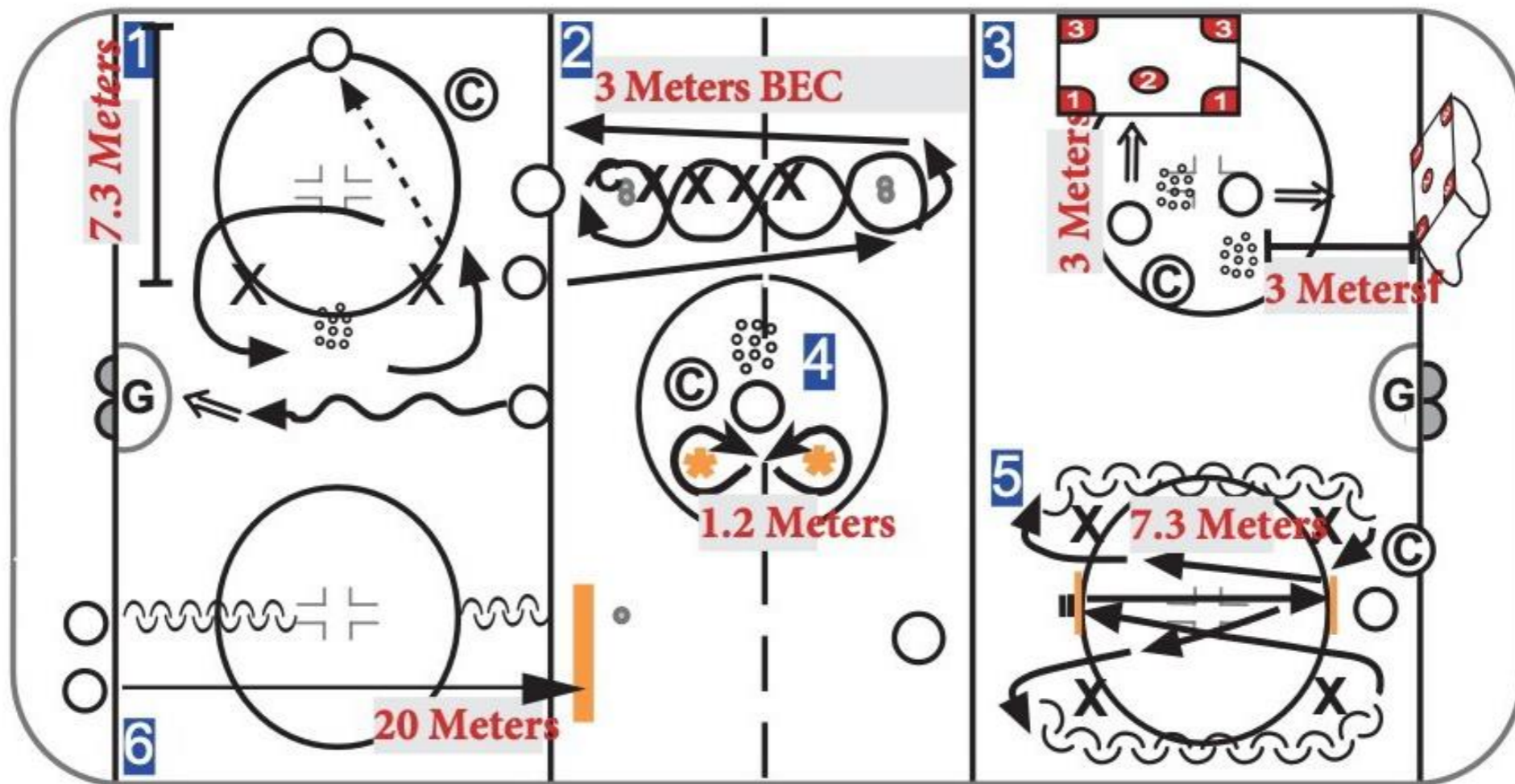
Push up count:



A push-up is not counted if they deviate from their starting position (or the form of the first push-up). Each person should lower their chest down to just above the ground.

HOCKEY CANADA PLAYER ON ICE TESTING

6 Station Skills Testing Set-Up



HOCKEY CANADA GOALTENDER ON ICE TESTING

Goaltender Tests

