

Bishop Shanahan Field Hockey Team Tryouts

~ Timed Fitness Run ~

This test is one part of the evaluations for the team – the times are required, but do not guarantee a place on the team.

Varsity – 17:00 JV – JV17:30
(times include the 10 mins rest listed)

The Test:

25 yard line and back 60 seconds recovery
Half way line and back 60 seconds recovery
75 yard line and back 60 seconds recovery
Full Length field and back 60 seconds recovery
Half field lap 60 seconds recovery
Full field lap 60 seconds recovery
Half field lap 60 seconds recovery
Full length field and back 60 seconds recovery
75 yard line and back 60 seconds recovery
50 yard line and back 60 seconds recovery
25 yard line and back