

Camp Abilities Brockport

Sports Assessment Packet

Camper Name: _____

Counselor Name: _____

Date: _____

Track & Field Assessment

Skill	N/ A	PA, TA, Independ ent	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				

Skill	N/ A	PA, TA, Independent	V. Cue	Total Distance or Time if Applicable
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Distance (laps)

Day 1 _____ Date: _____

Day 2 _____ Date: _____

Day 3 _____ Date: _____

Stand-Up Paddle Boarding Assessment

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 while paddling	Sitting				
	Kneeling				
	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					