



INSTRUCTION PROGRAM FITNESS ASSESSMENTS

BOYS

CATEGORY	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6	LEVEL 7	LEVEL 8	LEVEL 9
Locomotion	Beg.	Int.	Adv.	Adv.	Adv.	Adv.	Adv.	Adv.	Adv.
Vertical Jump(in)	5	6	7	10	12	14	17	19	22
Chest Pass (ft)	5	6	7	10	12	14	17	19	22
Sit- Up and Throw (ft)	5	6	7	10	12	14	17	19	22
Push Up	2	4	6	10	14	18	24	30	32
Horizontal Pull Up	2	4	6	10	14	18	24	30	32
Plank(sec)	24	48	72	96	120	144	168	192	216
Single Leg Bridge(sec)	24	48	72	96	120	144	168	192	216
Shuttle Run	13.3	12.8	12.2	11.9	11.5	11.1	10.6	10.2	9.9

GIRLS

CATEGORY	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6	LEVEL 7	LEVEL 8	LEVEL 9
Locomotion	Beg	Int.	Adv.	Adv.	Adv.	Adv.	Adv.	Adv.	Adv.
Vertical Jump (in)	5	6	7	10	12	14	16	18	20
Chest Pass(ft)	5	6	7	10	12	14	16	18	20
Sit-Up and Throw(ft)	5	6	7	10	12	14	16	18	20
Push Up	2	4	6	9	14	18	24	26	30
Horizontal Pull Up	2	4	6	10	14	18	24	26	30
Plank(sec)	24	48	72	96	120	144	168	192	216
Bridge(sec)	24	48	72	96	120	144	168	192	216
Shuttle Run	13.8	13.2	12.9	12.5	12.1	11.5	11.3	11	10.8

YOC LEVELS

LEVEL 1



LEVEL 2



LEVEL 3



LEVEL 4



LEVEL 5



LEVEL 6



LEVEL 7



LEVEL 8



LEVEL 9





PROGRAM GOLF SKILL ASSESSMENTS

PUTTING: 6 ATTEMPTS (IN CUP/CIRCLE)

CATEGORY	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6	LEVEL 7	LEVEL 8	LEVEL 9
6 ft.	0/2	0/3	1/3	2/3	3/3	4/2	4/2	5/1	6/0
12 ft.	0/1	0/2	0/3	0/4	1/5	2/3	2/4	3/3	4/2
18 ft.	0/1	0/1	0/2	0/2	0/3	0/4	1/4	1/4	2/3
24 ft.	0/1	0/1	0/2	0/2	0/3	0/3	0/4	0/4	1/4

CHIPPING: 6 ATTEMPTS (IN CIRCLE/ON GREEN)

CATEGORY	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6	LEVEL 7	LEVEL 8	LEVEL 9
Short Chip: 10-12 yds.	0/3	0/4	0/5	1/4	1/5	2/3	2/4	3/3	4/2
Long Chip: 18-20 yds.	0/1	0/2	0/3	0/4	1/3	1/4	2/3	2/4	3/3

PITCHING (IN CIRCLE/ON GREEN)

CATEGORY	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6	LEVEL 7	LEVEL 8	LEVEL 9
Short Chip: 10-12 yds.	0/3	0/4	0/5	1/4	1/5	2/3	2/4	3/3	4/2
Long Chip: 15-20 yds.	0/1	0/2	0/3	0/4	1/3	1/4	2/3	2/4	3/3

BUNKERS (IN CIRCLE/ON GREEN)

CATEGORY	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6	LEVEL 7	LEVEL 8	LEVEL 9
Short: 10-12 yds.	0/2	0/3	0/4	1/3	1/4	2/2	2/3	3/2	3/3
Long: 15-20 yds.	0/1	0/2	0/3	0/4	1/3	1/4	2/3	2/4	3/3

FULL SWING (IN BETWEEN CONES)

CATEGORY	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6	LEVEL 7	LEVEL 8	LEVEL 9
50 yds. (10 yd. deviation)	0	0	0	1	2	3	4	5	6
75 yds. (10 yd. deviation)	0	0	0	1	2	3	4	5	6
100 yds. (15 yd. deviation)	0	0	0	1	2	3	4	5	6
150 yds. (20 yd. deviation)	0	0	0	1	2	3	4	5	6
200 yds. (30 yd. deviation)	0	0	0	1	2	3	4	5	6

YOC LEVELS

LEVEL 1



LEVEL 2



LEVEL 3



LEVEL 4



LEVEL 5



LEVEL 6



LEVEL 7



LEVEL 8



LEVEL 9

