

# Ironbank/Cherry Gardens Netball Club

## PRE-SEASON FITNESS TRAINING 2009

Recon Fitness Clinics was again contracted to design and deliver the Pre-Season Fitness Training Program for the Club. We started the pre-season with some all important fitness testing. The girls undertook the Beep Test (cardiovascular fitness and endurance), Pushup Test (upper body strength) and the 8 Stage Core Strength Test (core strength). There were some mixed results with a large percentage of the participants believing that they could not perform pushups on their toes. However with some instruction in technique (and some "motivation") Everybody managed at least a few. With Strength Programs in hand, the girls were aiming for some good improvements within the 6 weeks of Training.

Sessions of Strength, Core Stability, Advanced Running Technique, Agility, Reaction & Speed Development and Plyometrics followed. In the last 2 weeks of Training, the fitness Tests were re-visited and the improvements were amazing considering that most of the girls had fairly good off season fitness to begin with.

See some of the results below. The Beep Test improvements were impressive and for girls who thought they couldn't do pushups (remember - these results are on their toes), the final results show how much improvement can be gained in a short time when following a Fitness Program. The 8 Stage core strength test also showed 100% equal or improved result.

Beep Test 1	Beep Test 2	Pushup 1	Pushup 2
5.6	8.0	8	22
9.4	10.8	13	25
7.8	9.0	15	43
8.9	10.2	6	21
9.7	10.9	6	24
9.0	9.10	19	injured
9	10.2	8	24
-	12.5	-	55
5.9	6.8	10	23
7.0	8.10	0	12
6.1	injured	7	26
5.1	6.8	10	injured
5.3	6.7	5	21

It's clear to see from these results that the Ironbank Cherry Gardens Netball Teams are heading into the Season in great shape. 5 Teams from the Club were the Premiers in the 2008 season and with this positive start it's sure to be another successful year.