

## WHY TESTING IN TEAM AND POWER SPORTS?

*"Testing and training go together like a hand and a glove. Evaluation through testing is an ongoing process that will determine the direction and content of training. Therefore, it is important to build testing into every stage of training plan."*

(Vern Gambetta, 2001)

In sports there are numerous training and coaching philosophies. Regardless of the philosophy, in most cases the coach, trainer and the athlete use some form of testing to measure and evaluate the training process. Some have said that they do not use any other type of testing but to finish first in anything they do including the race, is always a test. While it may work in individual events like 100-meter track race, it may not be possible in team sports. Some coaches and athletes utilize extensive laboratory testing, which is fine, if one has adequate (financial) means and resources. However, many do not and the laboratory testing may lack some of the advantages of practical and functional testing such as sport specificity. The ultimate test in any sports event is the actual race, match or game. It will tell exactly where the athlete or the team stands in reference to the other opponent(s).

In developing the training programs in sports, a good understanding on the athletes and their potential is required. It is impossible, even dangerous, to plan training programs without knowledge on the athlete's abilities and health status. This requires organized, systematic and consistent evaluation. Athletic evaluation should be an integral and intrinsic part of the planning process. All evaluation procedures and means of testing should be aimed at objective quantification of athlete's evolution, stagnation and/or performance deterioration.

A good and sound assessment (testing) program will provide needed guidance and direction to make the training as meaningful and optimal as possible.

*"When you can measure what you are speaking about, and express it in numbers, you know something about it"*

Lord Kelvin

