

## GWENT COUNTY DEVELOPMENT GROUP – JUNE 4<sup>TH</sup> FITNESS TEST

The development group met again on the 4<sup>th</sup> June.

<u>Development Group</u>	<u>Assessors</u>	<u>Gwent FA</u>	<u>Guests</u>
Mark Gardiner	James Williams	Nil	Paul Lewis
Sam Emery	Oliver Cross		Mike Davies
Paul Jones	Nigel Baldwin		
Ian Gallimore	Dan Newberry		
Mark Munday	Damien Derrick		

**Total 15** Apologies were received from Alan Watkins, Eddie Cox, Mike James, Pete Aston & Glyn Jones, Mo Iqbal. Damien & Nigel both away

### SUBJECT: COOPER TEST

On a very warm evening 8 of the group were put through their paces on the old cooper test. The aim to complete 2600m in 12 minutes non-stop, followed by 6 x 50 m sprints in 7.5 secs and 2 x 200m sprints in less than 32 secs. For most, this was the first time that they had attended such a test. The aim of the test was to prepare them for the future when they have achieved promotion, that normally they then have to attend a fitness test before acceptance onto the league ie Welsh League/Welsh Premier.

The following distances were covered by the group:

Oliver Cross	-	2800m	Excellent
Mark Gardiner	-	2700m	Pass
Ian Gallimore	-	2600m	Pass
Sam Emery	-	2600m	Pass
Paul Jones	-	2400m	Pass (for his level recently promoted level 7)
James Williams	-	2400m	Pass (for his current level)
<b>Dan Newberry</b>	-	<b>did not complete test</b>	<b>(not fit)</b>
<b>Mark Munday</b>	-	<b>did not complete test</b>	<b>(asthma – seeing doc for better inhaler)</b>

All completed the sprints in the time allotted.

All said how they found the test hard and what an eye opener it was. The fitness training programmes they were given six months ago obviously had helped them through the test, however now that the standard has been set, it must now be maintained and improved upon.

There is another Fitness Test planned on the 23<sup>rd</sup> June for them to show improvement.

Myself and Mike Davies then completed the National List Test, where the group watched as the test is completely different involving 10 laps of 150 m in 30 secs followed by 50m walk followed by 150m in 30 secs followed by walk 10 times.

### FORTHCOMING EVENTS

<u>JUNE</u>	-	23 <sup>rd</sup> JUNE FITNESS TEST - NEWPORT STADIUM 23 <sup>RD</sup> JUNE
<u>JULY 11<sup>TH</sup></u>	-	DEVELOPMENT GROUP MEETING IN NEWTOWN
<u>AUGUST TBC</u>	-	DISCIPLINE/ASSESSMENTS

I look forward to seeing you.

Regards

Darren Adie