

BAUER



Showcasing The BEST of the BEST in Youth Hockey...



SPORT TESTING



200x85, LLC & SPORT TESTING, INC



WHAT IS IT?

200x85 LLC and Sport Testing Inc offers the most advanced evaluation and analysis system for ice hockey in the world. Our testing program provides a blueprint for development. 200x85 LLC is always on the cutting edge of providing standardized performance data, from grass roots to professional organizations. Letting hockey players truly know where they stand is the mission that underpins both 200x85 and Sport Testing. Our staff believes the data we can provide will dramatically change the way talent is identified and developed.



 sporttesting

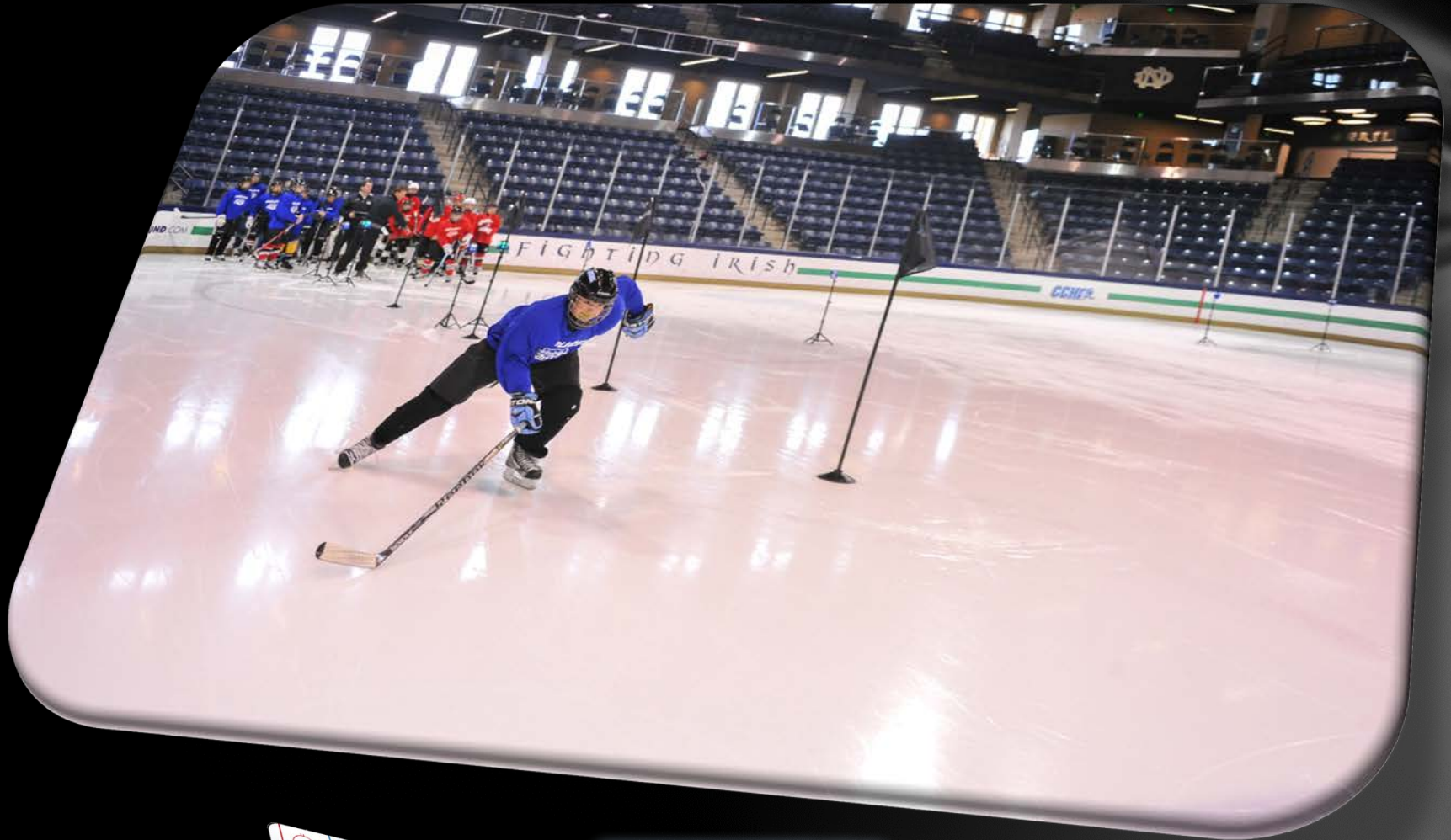
WHY?

These tests **do correlate** to the better hockey players. The players who tested the highest as young players in areas like speed and agility are the same ones about to go at the top of this year's NHL draft. Everyone from youth, junior, college and pro levels often spend thousands of dollars a year on a hockey players' development, and everyone wants to know how they are progressing. So we said, let's give the players, the coaches, the evaluators and the parents an accurate report on where they stand among their peers and help pave the road for their development. 200x85 think it's really important for sport development to turn the page and start using data, since every other business is using data. We have for a long time in hockey looked at stats, like goals and assists, but now we need to use data to analyze and monitor the players' development.



Our testing programs measures a player's...

SPEED



Our testing programs measures a player's... **AGILITY**



Our testing programs measures a player's...

STICKHANDLING



 sporttesting

Our testing programs measures a player's...

REACTION TIME



Our testing programs measures a player's...

STAMINA



ACCURATE TRAINING

200x85 and the Sport Testing system processes the data in the most complete, user-friendly, and accurate analysis possible. Our system provides real-time feedback and can be compared worldwide.

Our system uses:



IDENTIFICATION BRACELETS

Every athlete wears an identification bracelet that he or she scans at every test.



SOPHISTICATED TIMING GATES



INSTANTANEOUS RESULTS

Results go instantaneously onto a live scoreboard (where available) and also to an online data base. The information generated not only helps detect talent, but also shows an athlete where he must improve.



INSTANTANEOUS RESULTS

The system also integrates well with a secure online accounts, where athletes can see their personal report card /scores and what the standards are.



INSTANTANEOUS RESULTS

Trustworthy data is good for goal setting and motivation, and provides an overall assessment of where the athlete is. Our testing system clearly identifies strengths and weaknesses so athletes and coaches can receive unbiased data and not guesswork.



HOW OFTEN?

Testing depends on your sport season but ideally it should be done once every three (3) months to properly track a player's progression. Anyone can train and work hard. Taking results to your on ice coaches and strength staff will allow everyone to work to improve in a particular area.



On-Ice Testing

PLAYER TESTING

There are three phases to the on-ice testing. Phase 1 consists of the 30m Sprints and the Reaction. In this phase we are testing an athlete's linear speed and acceleration, as well as, reaction time and lateral agility. Phase 2 consists of the Weave Agility which demonstrates an athlete's forward acceleration and ability to maintain speed while performing multi-directional agility drill. Finally, Phase 3 consists of the Transition. The transition tests an athlete's agility and directional transitions from forward to backwards skating.

There are a total of four main tests for the on-ice player assessment. Each test has two to four variations. These drills have been tailored to challenge the athlete in the fundamental aspects of the game, such as skating, stick handling, and puck control.



On-Ice Testing

1. 30m Sprint

The purpose of the 30m Sprint is to evaluate an athlete's forward and backward acceleration and speed. In addition, the test is used to determine the athlete's puck control competency in a linear direction. There are a total of four different 30m Sprint configurations that the athlete must be tested on. They are;

- Forward Sprint
- Forward Sprint with Puck
- Backward Sprint
- Backward Sprint with Puck

Athlete's start behind the start gate and when ready sprint through the finish gate. For each configuration one attempt is given. The results will show their overall time as well as a split capturing their acceleration and leg power within the first few strides.

GATE LEGEND

| | | | |
|---|-----------------|---------|---------------|
| ┆ | Reflector | ┆- - -┆ | Reaction Gate |
| ┆ | Indicator Gates | ┆- - -┆ | Start Gate |
| ┆ | | ┆- - -┆ | Finish Gate |



On-Ice Testing

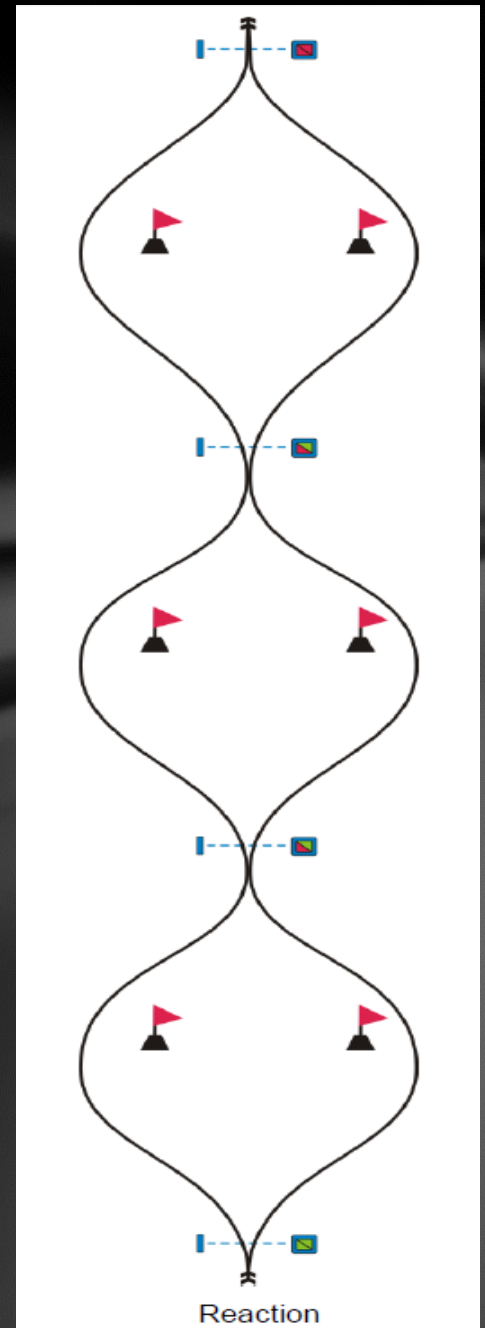
2. Reaction

The reason for the Reaction test is to evaluate an athlete's reaction time and lateral agility with and without the puck. You will see how an athlete will react to an unplanned change of direction.

In this test, an athlete is required to react to a visual signal (a red or green light) as indicated by the proceeding gate. Based on the colour indicated the athlete must either skate around the flag on the right or left side of the course before proceeding through the next gate. A green light informs the athlete to skate to the left and a red light to the right. These colours appear at random.

GATE LEGEND

| | | | |
|---|-----------------|---|---------------|
|  | Reflector |  | Reaction Gate |
|  | Indicator Gates |  | Start Gate |
|  | |  | Finish Gate |

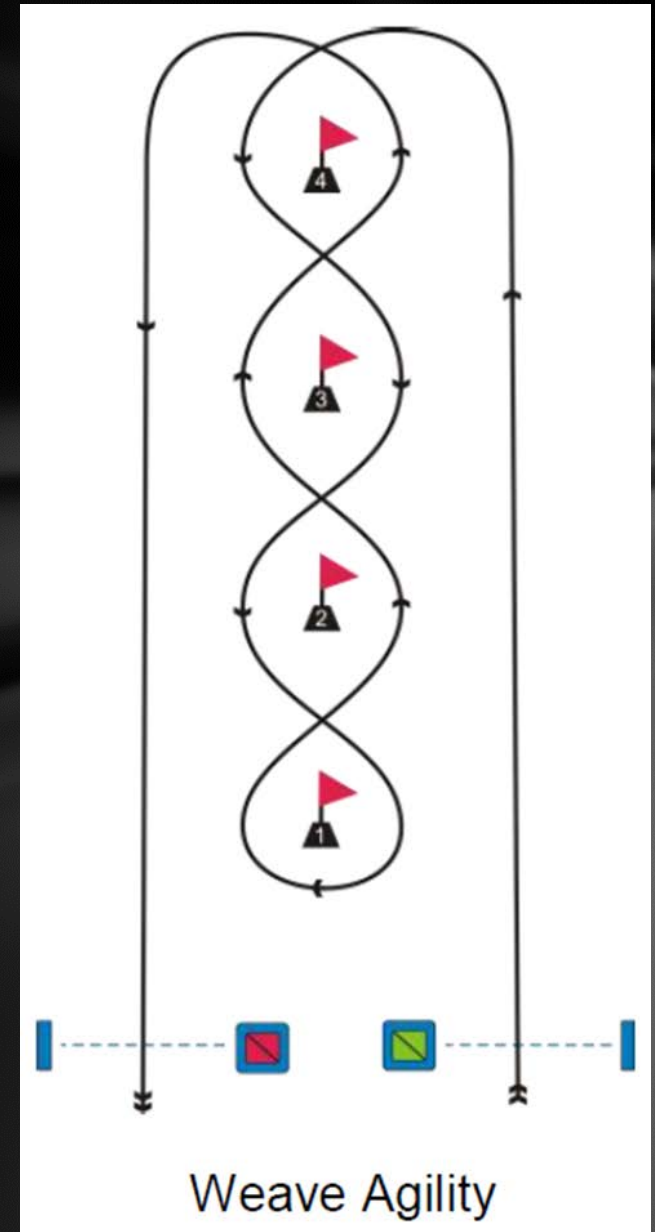


On-Ice Testing

3. Weave Agility

The Weave Agility test is an excellent way to evaluate an athlete's forward acceleration and ability to maintain speed while performing multi-directional changes. Athletes perform this drill once while controlling a hockey puck and once without a puck.

Athletes must sprint up the start lane, weave in and out between the flags, and finish by sprinting down the finish lane through the gate. This test's layout requires the athletes to manoeuvre tight turns, working their edges and stick handling forcing them to play "heads up hockey". Adding a hockey puck to the mix will test them on their puck control in a restricted space.



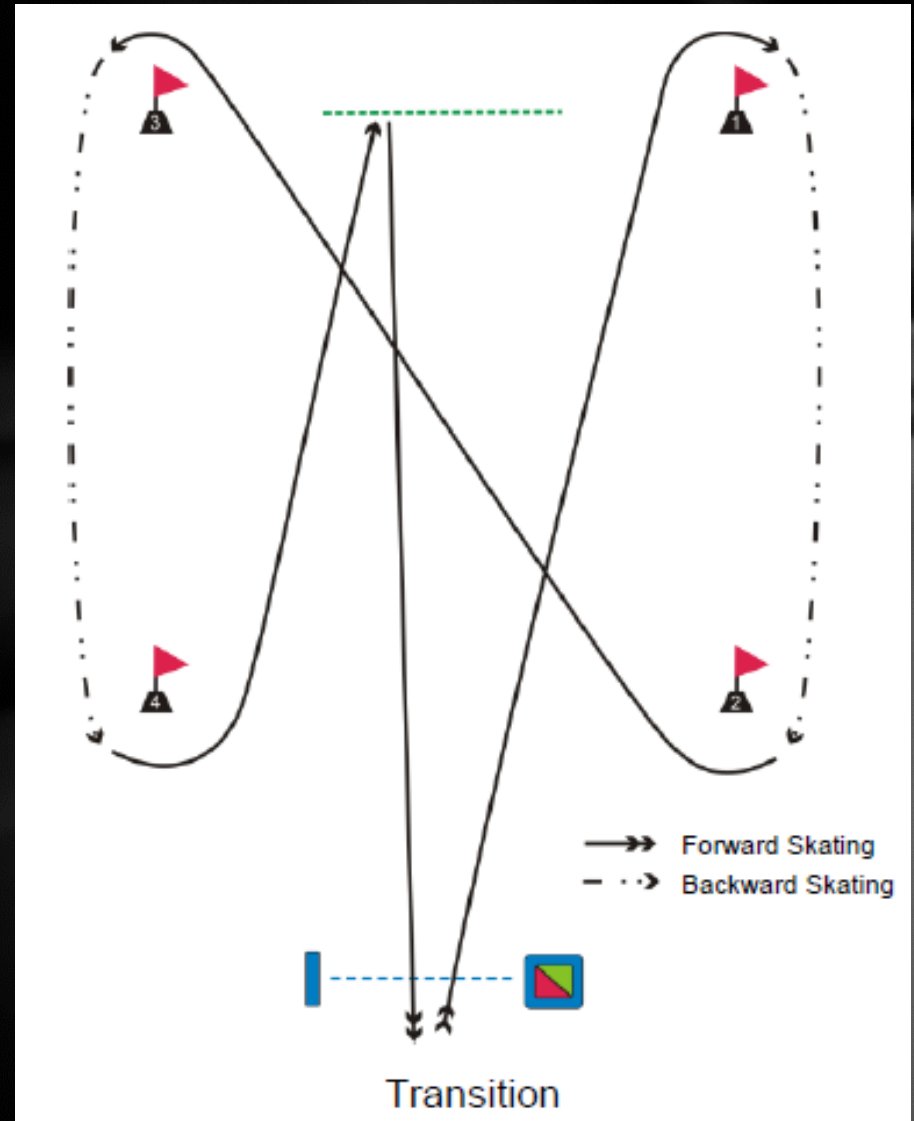
On-Ice Testing

4. Transition

The Transition test is used to evaluate an athlete's agility and directional transitions from forward to backwards skating. An athlete must be able to change direction quickly while keeping their footwork clean. Athletes get a single attempt at this test with and without a puck.

In the transition, athletes follow a figure eight pattern around four (4) flags while transitioning between forward and backward skating.

| GATE LEGEND | | | |
|---|-----------------|---|---------------|
|  | Reflector |  | Reaction Gate |
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|  | |  | Finish Gate |



WHERE & WHEN?

200 X 85 LLC can provide testing right at your arena or host your program at one of our many partnered training facilities. To host a Hockey Sport Testing program or inquire about our system contact us at www.200x85.com



PAST CLIENTS

Some of the clients Sport Testing have worked with include the Montreal Canadiens, Toronto Maple Leafs, OHL, WHL, QMJHL and Bauer Select players.

**Montreal Canadiens,
Toronto Maple Leafs,
OHL, WHL, QMJHL and
Bauer Select**



ABOUT SPORT TESTING



Sport Testing Inc. is the industry leader in athletic data management software and assessment hardware. High-precision systems reveal true strengths and weaknesses to show any athlete exactly where they stand, giving a blueprint for real improvement. Real-time testing results and online analytics allow athletes and coaches to adjust training using unbiased data, not guesswork.

For more information: www.sporttesting.com

ABOUT 200X85, LLC



For twenty years, 200x85 has been an innovator and leader in the creation of hockey programs, tournaments, camps, clinics and entertainment. 200x85 provides a profound understanding of how to harness the power of hockey to effectively produce results for an amazing hockey experience. With all programs and events housed within one organization, these disciplines merge to offer a powerful, diverse and integrated on ice experience.

For more information: www.200x85.com

know where you stand

 sporttesting

