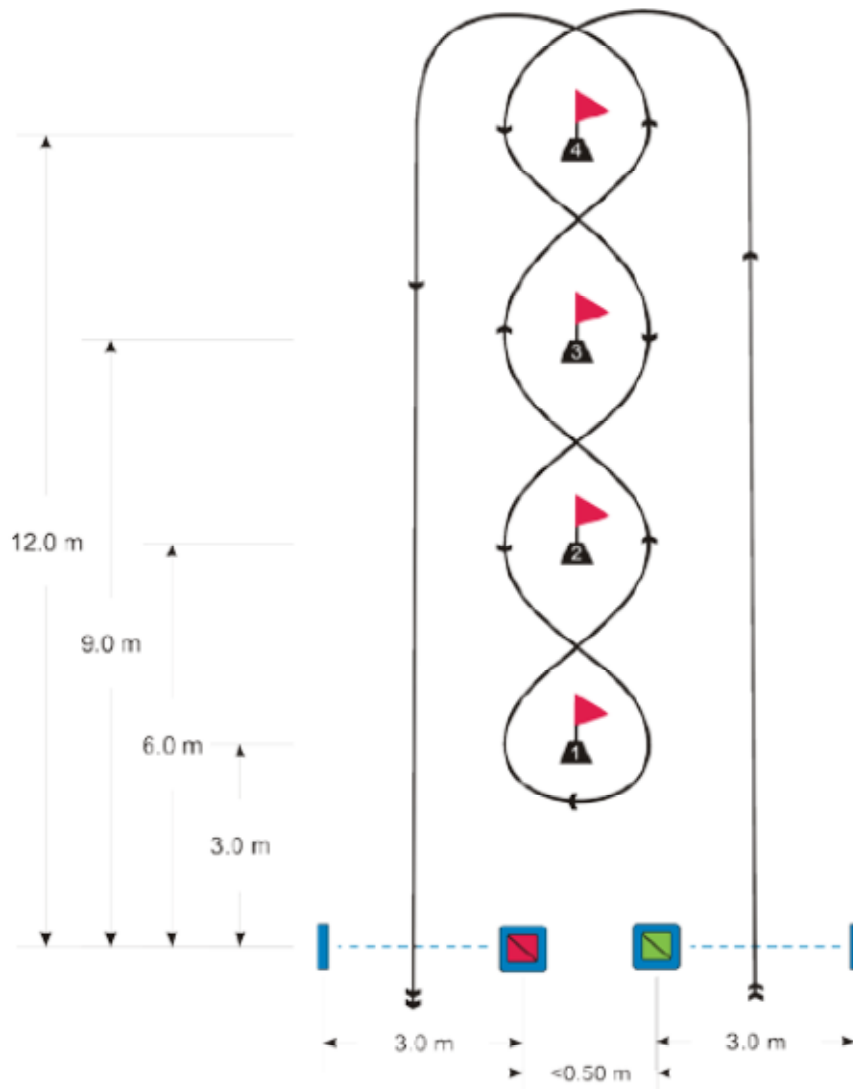


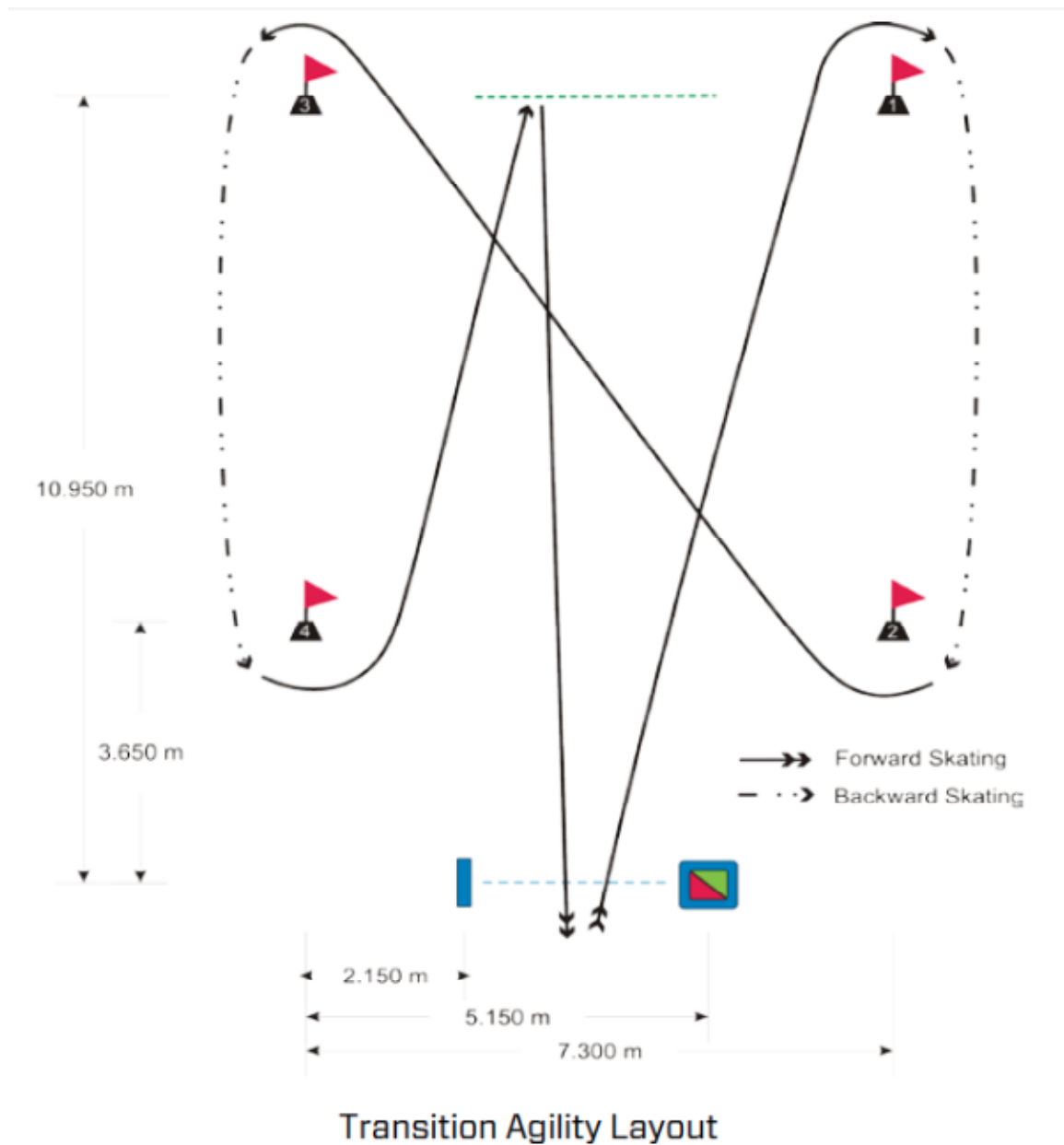
- Testing Protocols:

- 30 M forward and backwards skating
- **Forwards with and without a puck.**
- **Backwards without puck.**
- Purpose: To determine an athletes linear acceleration and top speed while forward and backwards skating.
- Procedure:
- Athlete will start from a standing, ready position.
- Time starts when athlete's torso breaks the gate, and ends when they cross the final gate.
- There will be no 5 m time.
- Attempts: 2 per configuration



Weave Agility Layout

- Agility Test
 - Purpose: To determine an athletes edge control and their ability to change direction at top speeds.
 - **With puck only**
 - Attempts: 2 Per configuration



- Transition Test
 - Purpose: To analyze an athletes ability to transition from forward to backwards, and vise versa
 - **Without puck**
 - Attempts: 2