



Overtime Athletes Testing Manual

Test and Assess:

To start we must establish a baseline of where you are currently at. Initially I want to gather as much video analysis and measurements as I possibly can to start determining your strengths and weaknesses.

If not by now I will be sending over an Excel Sheet consisting of a series of physical tests that I want you to measure. These physical tests are determined based off your specific sport, the goals you wish to acquire, and glaring weakness or holes I wish to elevate in your game based off my experience as a coach.

From here you will spend the next 48 - 72 hours gathering these measurements with accuracy and in addition provide quality video footage performing them.

If we want this to work and you truly want to get better as an athlete it starts with me as your coach having an in-depth understanding of how you move as an athlete. We can not manage what we can't measure so set the tone early and let's get accurate baseline of you as an athlete.

Step 1: Testing Sheet

Begin by locating your Google Excel Sheet that we sent within the first email after signing up.

Here on the first page you will see a series of physical tests or benchmarks that are unique to you as an athlete. They are based off your sport, the goals you wish to achieve while working with OTA, and any glaring weakness I see in your game that we want to elevate.

Step 2: Execute Test

Once you receive this sheet with series of tests it is now time to record your baselines. It is important to know that these are just for us to get a ballpark figure. You do not need to have your best day or strain yourself getting these numbers.



The goal here is to simply give me a snapshot of your physical abilities. We will be retesting these throughout your program so do not stress not having your current best lift or time.

To execute these tests you will possibly need the following:

1. Scale: to track weight
2. Gym: to track lifts
3. Training Partner: to record times
4. Stop Watch: to record times
5. Tape Measure: to measure distance
6. Vertec: to measure vertical jump (let me know if you do not have access)
7. Camera or Phone: to film each test

Next simply take one day to go to the field and gym and get as accurate numbers as you can. Remember don't cheat yourself not only do you track your progress with these numbers but it gives me insight how to coach you.

Step 3: Record

Once you have all of your measurements recorded you will then come back to the Google Excel Sheet and place them in the required area on the tracking sheet.

In addition, you will upload your videos of each physical test and upload these to Youtube. Once uploaded you will make sure the video is unlisted and paste that link in the recording sheet.

Video is not mandatory but I will let you know the better data I have the better we can accomplish your goals. These also serve as videos for me to provide analysis on.

For example, if you are looking to get faster and I see you have major flaws in your 10 yard split I can then tailor the workout around acceleration drills that will support you to make you more mechanically efficient.

The more input you give me the more output I give you.

Step 4: Submit

After recording all the data simply shoot me an email letting me know you have completed each test. Do not reach out until you have completed all tests. I do not want to write out your full program for you to then send me more numbers and have to re-write your program.



If you can not perform any tests for any reason please reach out and we will review how to test or simply give you a new test to measure.

Step 5: Program Design

After I gather all the information I need from you I hit the drawing board. I have a brief meeting with your personal nutritionist and my right hand man Jake Gottesman whom assists in all my athletes nutrition here at OTA.

We get on the same page determining the amount of fuel and body composition we want you at to perform your best then reverse engineer that and I begin devising your plan.

I evaluate your baseline numbers, your goals, and map out how we can begin to achieve them in the most efficient manner and in the least amount of time.

Once completed I will upload to the same Excel Sheet and get you started.