



2026 CVC SELECTIONS

PHASE 2: FITNESS ASSESSMENT

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Phase 2: Fitness Assessment

Elite volleyball demands elite conditioning. That's why fitness is a **non-negotiable pillar** of Creadaptic Volleyball Club (CVC).

Inspired by the standards of world-class teams and championship-winning programs, our approach ensures athletes have the physical readiness, resilience, and capacity to train and compete safely at the highest levels.

Our Fitness Assessment gives each athlete a **clear, objective**, and **data-driven picture** of where they stand against the physical demands of elite competition. It shows athletes the gap between their current fitness level and what's required to succeed – **so you can work on closing it now.**

This phase uses **two tailored testing blocks** for each tier:

- (1) **Baseline Performance Test (BPT):** Establishes your current physical readiness and ensures you meet the minimum training standard for safe and effective competition.
- (2) **Peak Performance Test (PPT):** Measures whether you have the conditioning and capacity to perform under the intensity of top-level competition.

Athletes are encouraged to begin training for these standards as soon as possible.

Team	Push-Ups	Cadence Sit-Up Test	Yo-Yo IRI	Plank Hold	Agility T-Test	Functional Movement Screen (FMS)
Tier 1 – Mens (PPT)	20 cadence reps	80 reps	Level 16	3:00 min hold	≤ 10.5 sec	17+ points Scored out of 21
Tier 1 – Womens (PPT)	12 cadence reps	80 reps	Level 16	3:00 min hold	≤ 10.5 sec	17+ points Scored out of 21
Youth Elite – Mens (PPT)	15 cadence reps	70 reps	Level 15	2:00 min hold	≤ 11.5 sec	16+ points Scored out of 21
Youth Elite – Womens (PPT)	8 cadence reps	70 reps	Level 15	2:00 min hold	≤ 11.5 sec	16+ points Scored out of 21
Tier 2 – Mens (BPT)	25 reps	60 reps	Level 14	2:00 min hold	≤ 11.5 sec	15+ points Scored out of 21
Tier 2 – Womens (BPT)	10 reps	60 reps	Level 14	2:00 min hold	≤ 11.5 sec	15+ points Scored out of 21
Youth – Mens (BPT)	20 reps	40 reps	Level 13	1:30 min hold	≤ 12.5 sec	14+ points Scored out of 21
Youth – Womens (BPT)	5 reps	40 reps	Level 13	1:30 min hold	≤ 12.5 sec	14+ points Scored out of 21

IMPORTANT NOTE

At selections, **every player will be required to pass** the Fitness Assessment. From there, testing will continue **every two months** throughout the season for **monitoring purposes only** — passing will not be mandatory, but there will be a close eye on your fitness progression. If there is a significant decline, follow-up check-ins will be arranged to help you get back on track.