CVC 2027.

FITNESS REQUIREMENTS.

The physical standard for every Creadaptic athlete.



CVC FITNESS REQUIREMENTS.

The standard behind every CVC squad.

Elite volleyball demands elite conditioning. Fitness is a foundational pillar of Creadaptic Volleyball Club (CVC). It's the "ic" in Creadaptic: the relentless pursuit of physical limits.

Inspired by world-class teams and championship-winning programs, these standards make sure every athlete has the physical readiness, resilience and capacity to train and compete safely at a high level. They give you a clear, objective and data-driven picture of where you stand against the demands of your squad, so you can start closing the gap now.

Each squad is measured against one of two standards:

(1) **Peak Performance Standard (PPS)** applies to Tier 1 and Youth Elite. It measures whether you have the conditioning and capacity to perform under the intensity of top-level competition.
(2) **Baseline Performance Standard (BPS)** applies to Tier 2 and Youth. It sets the minimum physical readiness needed to train and compete safely and effectively.

You get two attempts during Phase 2 of selections. If you don't meet your squad's standard at the first test, you can retest at the second.

Start training towards your standard today.

2027 STANDARDS

FITNESS REQUIREMENTS.

Squad	Push-Ups	Sit-Ups (Cadence)	Yo-Yo IR1 (Level)	Plank Hold (min)	Agility T-Test (sec)	Functional Movement Screen (FMS)
PEAK PERFORMANCE STANDARD (PPS)						
Tier 1 – Men's	20*	60	16	3:00	≤ 10.5	14+ points out of 21
Tier 1 – Women's	10*	60	15	3:00	≤ 11.0	14+ points out of 21
Youth Elite – Men's	15*	50	15	2:00	≤ 11.5	14+ points out of 21
Youth Elite – Women's	8*	50	14	2:00	≤ 12.5	14+ points out of 21
BASELINE PERFORMANCE STANDARD (BPS)						
Tier 2 – Men's	25	45	14	2:00	≤ 11.5	14+ points out of 21
Tier 2 – Women's	10	45	14	2:00	≤ 12.5	14+ points out of 21
Youth – Men's	20	30	13	1:30	≤ 12.5	14+ points out of 21
Youth – Women's	8	30	13	1:30	≤ 13.5	14+ points out of 21

Push-Ups: maximum reps in 2 minutes.
***Cadence Push-Ups**: 1 second in the down position, 2 seconds in the up position, continuous.
FMS: 14+ with no pain on any movement.

MANDATORY FROM 2027

Every athlete must meet the standard for their squad to be selected. We don't expect you to be there today, but we do expect you to be there by selections.