

Albany conditioning test

**By: Mike Kleinschmidt Head Football Coach
Albany High School**

Football at Albany High School is steeped in tradition. Things have remained pretty much the same for the past 50 years which is something we are very proud of. Our players run many of the same plays that their dad's ran and much of our routine has remained the same. We still have one practice a day during our August Camp and every player still receives a freshly laundered t-shirt, towel and socks each day when they come to practice all season long. Another tradition that has endured time is our annual conditioning test, which many schools refer to as their Ironman Test. Ours is always held the first Friday of camp in August.

Generation to Generation

Legendary coach Pete Herges, along with his assistant Ron Juell, devised this conditioning test many years ago as an evaluation of speed, quickness and strength. When Jim Mader took over as the Head Coach, he continued to use it also. It serves as a basis for the coaches to compare each team's performance to the results of teams in the past. Since our test has remained exactly the same for many years, our players can gauge their results against any player from the past. Many players like to see how they compare to their dad, uncle or brother from years gone by.

The Conditioning Test

Our testing consists of 5 activities: dummy jumps, bench press, pull ups, 40 yd. dash and a 400 M run. The athletes earn points in each category based on

their performance. The point valuations for each activity are as follows:

Bench Press: The player receives 2 points for each 5 pounds they lift over their body weight. (The spotter cannot touch the bar on any successful lift). We have each player weigh themselves right before testing day.

Pull Ups: The player receives 1 point for each good, complete pull up.

Dummy Jumps: For this activity, we use a blocking dummy. The player gets 30 seconds to do as many side to side ski jumps over the dummy as possible. The scoring for this activity is: 46 jumps = 1 point, 47 jumps = 2 pts., ...50 jumps = 5 pts., etc...

40 Yard Dash: We start the stopwatch on their movement and generally have two at a time go and we time both of them. The scoring for this activity is 6.1 = 1 point, 6.0 = 2 pts., ...5.7 = 5 pts., ...5.0 = 12 pts., 4.8 = 14 pts., etc...

400 M Run: We do this on our track and the scoring goes like this: 74 seconds = 1 point, 73 seconds = 2 pts., ...70 seconds = 5 pts., ...65 seconds = 10 pts., etc...

On testing day, we divide our squad (grads 10-12) into four groups and rotate them through each testing activity. We bring the entire team together to cheer each other on during the 400 M run, clearly the hardest activity. We culminate our first week of camp by doing this event together. It is really a nice way of bringing everyone together as a team.

I am surrounded by a great coaching staff! Our coaches: Al Amdahl, Scott McLachlan, Brian Bierbaum, Scott Buntje,

Mike Kleinschmidt came to Albany in 1985 and was an Assistant Coach for 18 seasons until he became the Head Football Coach in 2003. His wife is Tamara and they have three children: Aaron (26), Gina (22), and Will (13).

and Ted Nett all do a super job on this day by administering the tests and tallying the results.

We usually announce the top 10 finishers at practice the next Monday morning. This conditioning test isn't really about who wins, there are no prizes or fanfare. We look at the overall scores and it really gives us insight on the athleticism level of the team. Although the conditioning test is probably skewed toward the quicker, smaller player, our top all-time scorer was a defensive lineman! Also, we leave the results posted year-round in our locker room along with the results of some of our teams from the past.

I'm sure many teams have some sort of Ironman Test that they implement that are probably far superior to ours, but we like it because it is simple, quick (less than two hours), and it ties our players to the past. With this conditioning test, we can weave together all the players over the past 50 years who have been a part of the Albany Huskie Football tradition.

This is what a sample score sheet might look like:

Wt.	Name	Pullups	Bench	D.Jumps	40	400	Total
170	John Smith	14	190- 8pts.	55- 10pts.	5.1- 11pts.	71- 4pts.	47pts.