

Week 1 - Sports Readiness Test and Exercise #1

Note: Start Smart program sessions are scheduled for one hour. For this sample format, we are using 6-7 p.m. as our model.

5:30 pm - Set-Up

- Have your room already set-up with the four skill testing stations. Please see the sample floor plan (page A2) for how each skill area is set-up for testing.
- *Performance Cues* posters should be placed in a visible spot at each station.
- Appoint volunteers to specific stations to assist the participants groups.
- Set-up a check-in table with attendance sheets and nametags.
- Before the class begins, divide the parent-child groups into equal groups according to the participating child's age. (i.e. all of the 4-year-olds in one group)

5:45-6:00 pm - Check-In

- Have the participants check-in and receive a nametag. Seat them in an open space so they will be able to receive instructions on how the testing will be conducted. As they check-in, let the participants know which group they are in.

6:00-6:10 pm - Coordinator Welcomes Participants and Explains Sports Readiness Test

- Before administering the Sports Readiness Test, explain to the parents that this test is **ONLY** an evaluation for them to gage the progress of their child. **The test is NOT used to rank or score any of the children, and the scores are only for the parents to see, as they will not be collected by the Start Smart Lacrosse coordinator.**
- Have the participants turn to the testing section of the Participant Manual.
- Explain to parents that they have 5-6 minutes at each skill station for testing. If possible, there should be a volunteer at each skill station to demonstrate each task with the proper equipment.
- At this time, separate the parent-child groups into equal groups and assign them to a station.

6:10-6:35 pm - Conduct Readiness Test

- Have parent-child groups rotate every 5-6 minutes from one station to the next, performing the test that is explained in their manual.

6:35-7:00 pm - WEEK 1 Exercises

- After the testing is complete, the Start Smart Lacrosse Coordinator demonstrates the next activities while stressing the *Performance Cues*. Have the groups rotate through the stations again and perform the skill development exercises for WEEK 1 (page 14) for each of the skill areas. Spend 5 minutes in each station.

7:00 pm - Wrap Up

- Before the parent-child groups are dismissed, explain the format of the program for the upcoming weeks. This is also a good time to answer questions that the parents have.