

Great Britain Bobsleigh

Talent Transfer & Performance Testing



Talent Transfer

Bobsleigh attracts a rich mixture of athletes with varying athletic backgrounds. Some of the leading bobsleigh push athletes have a very varied past:

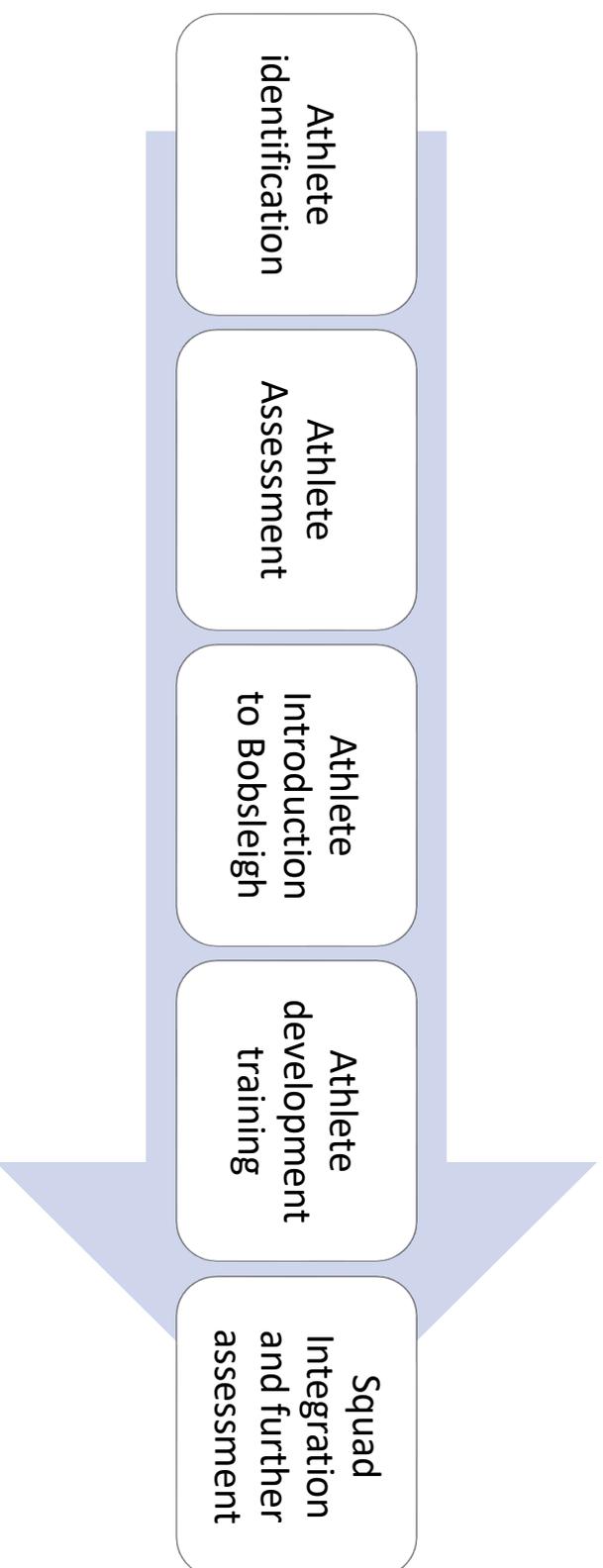
- Sprinting
- Jumping (horizontal particularly)
- Throwing
- Decathlon
- American Football
- Basketball
- Volleyball
- Rugby
- Arm Wrestling
- Weightlifting & powerlifting
- Speed-skating
- Sprint cycling

They all have a common theme however, and that is the ability to produce raw power.

Talent Search & Transfer

We look to recruit athletes to strengthen our squad. Suitability is identified through initial investigations and athletes are invited to a performance test to assess their specific abilities and skills as to how they would transfer to our sport.

This is done using the performance testing highlighted in the earlier text in this document.



Based on performance outcomes the athlete may be invited to training camps alongside the NGB squads and developed further with exposure to specific training, before being assessed as part of the NGB squad.

Talent Transfer: Expectations

If you are successful in your initial trial and continue the development pathway there are a number of expectations from the sport that you need to understand and undertake:

- You will need to attend a number of identified sessions at the NGB home base in Bath to undergo specific training and learning about the sport
- If your pathway continues to be successful you will need to attend further identified push sessions and training camps with the NGB senior to enhance your exposure.
- Squad testing in September/October is vital to the season selection and you will be expected to perform in this alongside and against the NGB athletes.
- Any engagement with the NGB, you are bound by the Anti-Doping rules and regulations set out by UKAD and WADA.
 - If you are selected to represent GB Bobsleigh over the winter season:
 - Our competition calendar runs from November to March. It is likely you will be out of the UK between September/October through to March. With approx. 10 day break over Christmas
 - You will need to undergo a medical assessment to be able to gain an IBSF racing licence
 - You must be have a minimum of 6 months on your passport and be eligible to travel to: Europe/USA/Canada/Russia/Asia
 - Undertaking international competition with the NGB you are bound by the Anti-Doping rules and regulations set out by UKAD and WADA. And the National Anti-doping Organisation of the country of competition.
 - The mid-season break will have a performance evaluation for all athletes to assess mid-season form.

Initial Testing Structure



Flat Speed

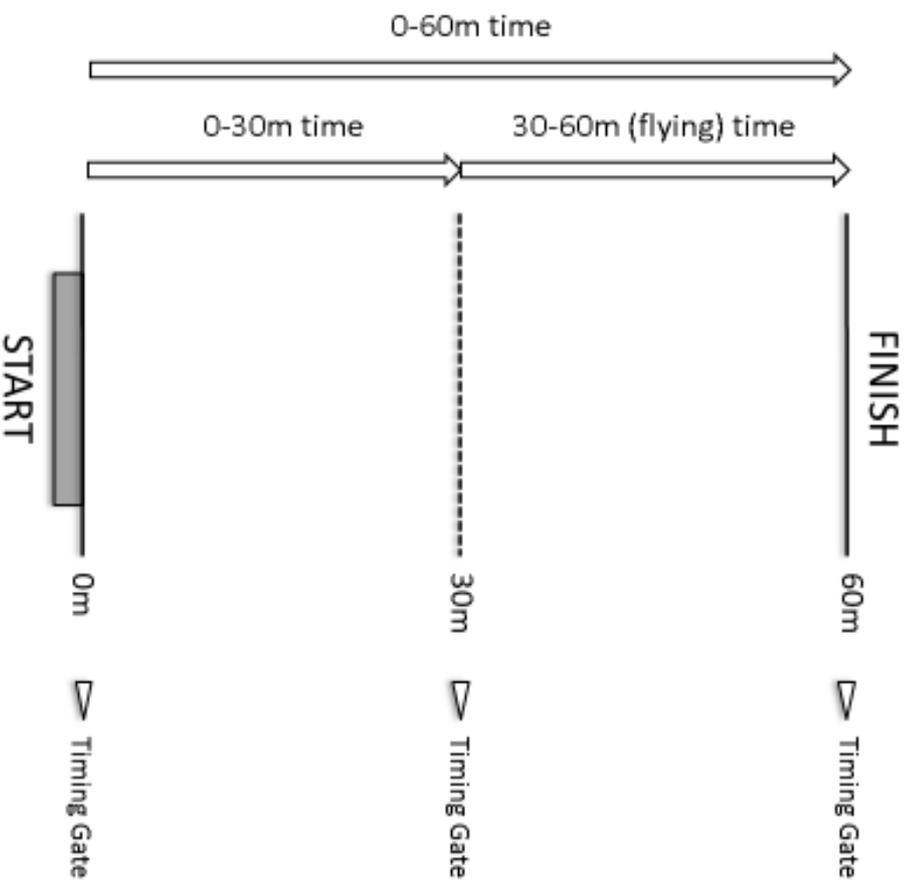
	Men		Women		
	Intro	Competitive	Intro	Competitive	Elite
0-30m	≤3.85	≤3.70	≤4.15	≤4.05	≤3.95
0-60m	≤7.00	≤6.70	≤7.60	≤7.30	≤7.00
30-60m	≤3.05	≤2.95	≤3.40	≤3.25	≤3.10

A bobsleigh athlete pushes approximately 30-40m, Why is it important to be evaluated over 60m?

- 0-30m tells us just how quick you're able to accelerate and is highly proportional to identifying bobsleigh push athletes
- 30-60m is very reliant on technical speed, and that is exactly what continually accelerating a sled **down a hill** involves.
- Athletes on that crew have to be able to add to the sled, not just keep up.
- It is the area we find the largest range across athletes as it does involve heavy technical input to be fast over this distance
- For a majority, it will be the major limiting factor to performance

If your flat speed does not put you on this table, it is unlikely you will advance for push assessment.

Sprint Performance Test Course Layout



- There are 2 Attempts to register times
- No start signal or gun
- A 1m start box is used. 1 foot must be placed inside the box through the first impulse
- A 2 point start must be used, with the first movement forward into the starting box
- Timing cells at 0m, 30m, and 60m
- In the event of a system malfunction you will be offered another attempt

Procedure:

Sled Pushing

Procedure:

- 4 attempts to push through 40m are given
 - Pushes start from a block
- Timing cell 1 is located at 5m, cell 4 at 40m.
 - Start when ready (following instruction)
- An Audible signal will sound when you cross 40m
- Each push records a full time, and all split times which are measured against a standard

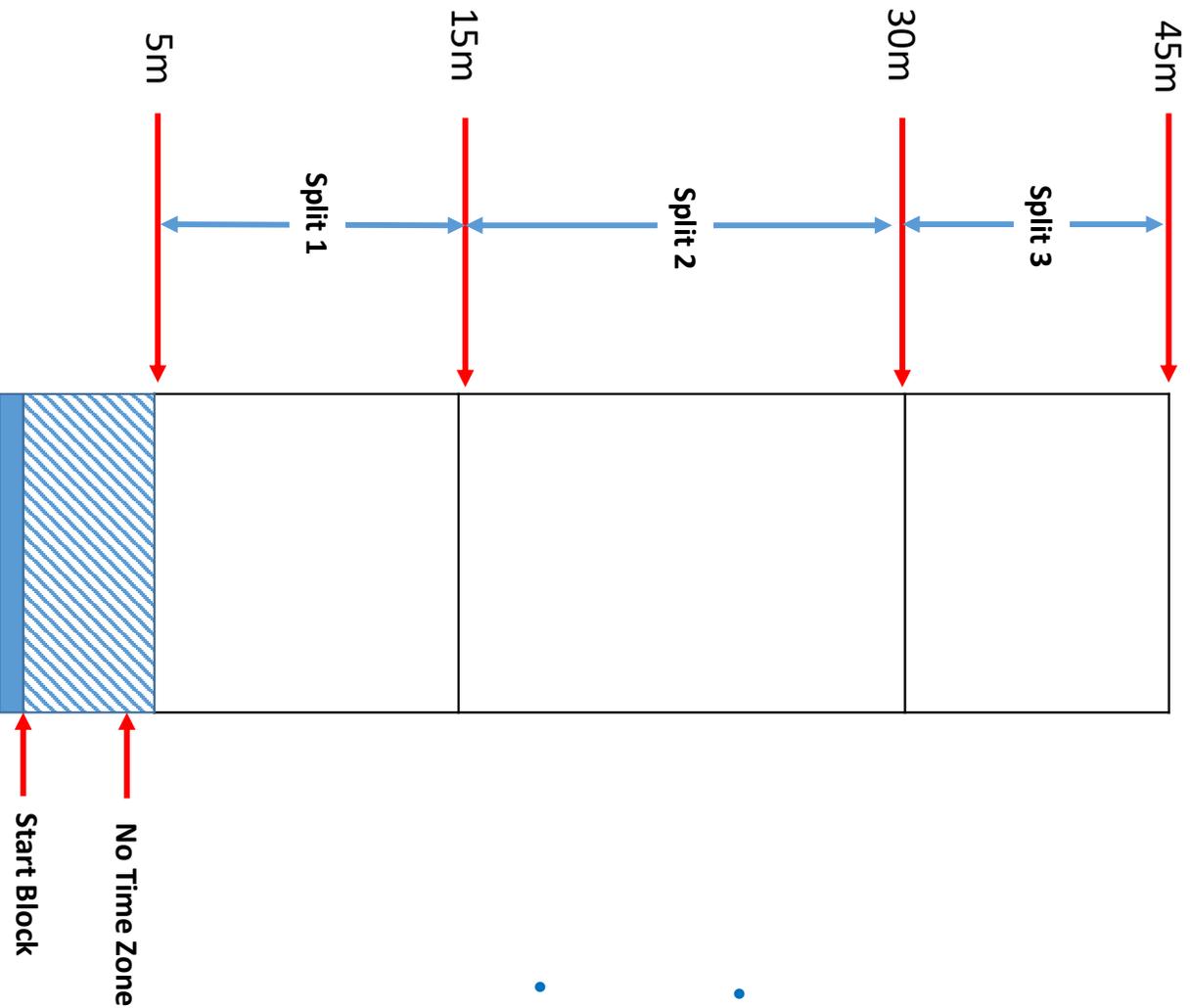
Men:

- 2 pushes made on a light sled (different push handles),
2 on a heavy sled
(1 opportunity to repeat 1 discipline/weight if desired)

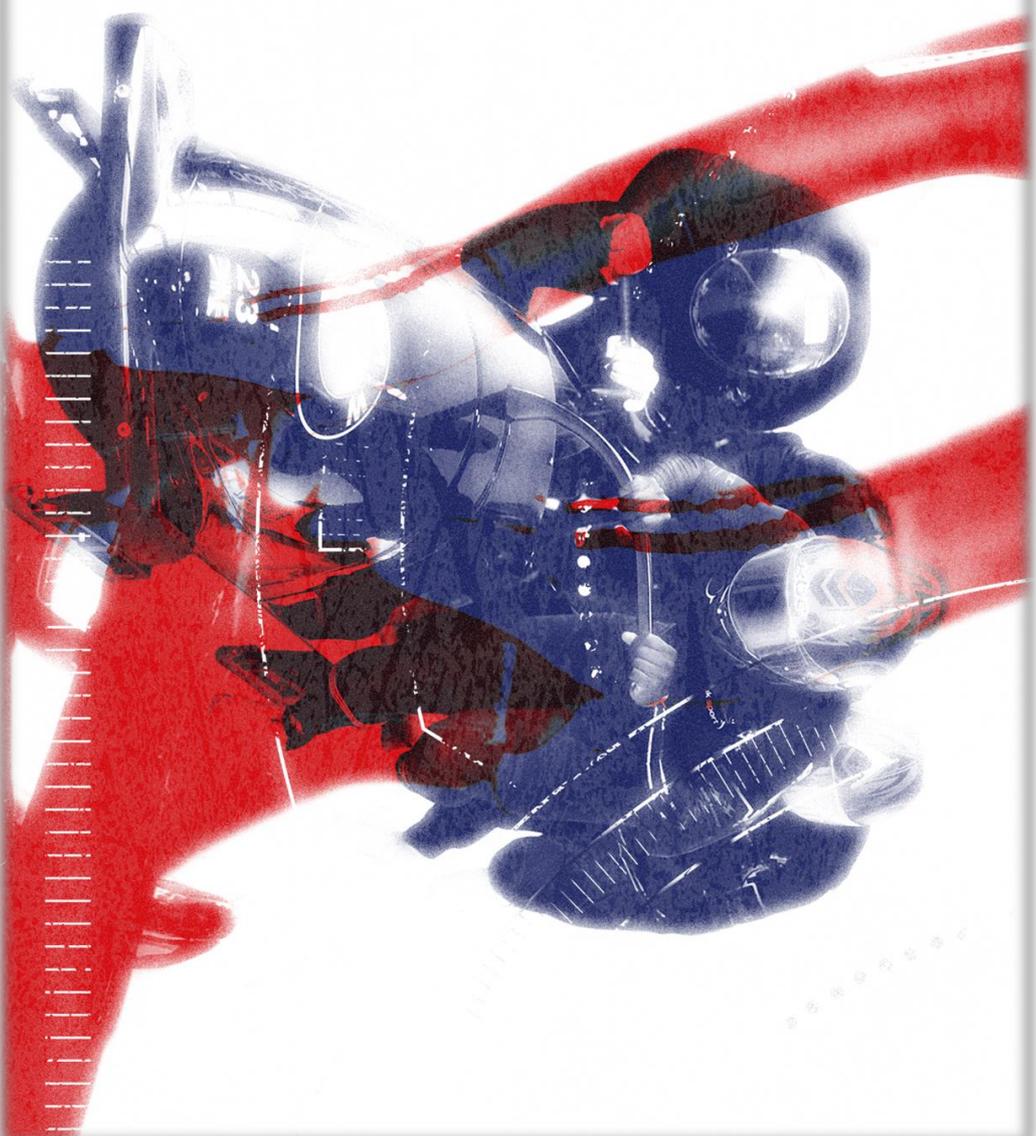
Women:

- 4 push opportunities on a heavy sled
(alternate handles may be used if required)

Light Sled = 60kg
Heavy Sled = 90kg



Next Steps



Stage 3:

September

Integration with BBSA squad
Push Championship
Squad Allocation

Stage 2:

August

Invitation to Bath for Push
training camps
*(Secondary trial stage and
secondary cut if required)*

Stage 1:

27th July

Physical Performance Trial, Bath