**GB Bobsleigh - Talent Transfer ‘22**

GB Bobsleigh athletes have demonstrated some of the strongest athletic potential in the world in recent Olympic Cycles. As such, our pathway looks to identify athletes who can continue to strengthen the programme and we hope that could be you!

We use a battery of tests that identify athletes’ performance profiles specific to bobsleigh:

**Sprint Speed & Resisted Speed**

**Reactive strength/Plyometric Ability**

**Power Output**

There are a variety of suitable performance standards that can be correlated to performance potential away from our specific tests. Before you can be invited to participate in a specific trial, it is important for you to be able to achieve at least one of the minimum performance standards below:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Sport | Mens Desired Standard | Mens Minimum standard | Womens Desired Standard | Womens Minimum Standard  |
| Sprinting (100m) | ≤ 10.50 secs | 11.00 secs | ≤ 11.6 secs | 12.2 secs |
| Sprinting (60m) | ≤ 6.80 secs | ≤ 7.00 secs | ≤ 7.50 secs | ≤ 8.00 secs |
| Sprinting (30m)\* | ≤ 3.60 secs | ≤ 3.80 secs | ≤ 4.00 secs | ≤ 4.15 secs |
| Long Jump | ≥ 7.0m | ≥ 6.50m | ≥ 6.3m | ≥ 6.0m |
|  |  |  |  |  |
| Rugby (10m sprint) | 1.55 secs | 1.65 secs | 1.90 secs | 2.00 secs |
| Rugby (40m Sprint) | 4.70 secs | 4.85 secs | 5.25 secs | 5.40 secs |
|  |  |  |  |  |
| Squat (Full) | ≥ 200kg | ≥ 160kg | ≥ 140kg | ≥ 120kg |
| Power Clean | ≥ 140kg | ≥ 120kg | ≥ 100kg | ≥ 80kg |
|  |  |  |  |  |
| Vertical Jump | ≥ 65cm | ≥ 60cm | ≥ 55cm | ≥ 50cm |
| Broad Jump (Into Sandpit) | ≥ 3.20m | ≥ 3.00cm | ≥ 2.85cm | ≥ 2.65cm |
|  |  |  |  |  |
| Wattbike®\*\* | 2100W @ 188rpm22 Watts/kg | 2000W @ 176rpm20 Watts/kg | 1500 @ 167rpm19-21 Watts/kg | 1400 @ 162 rpm17-19 Watts/kg |

\* 2-point start. 1m start box behind 0m gate.
\*\* 6 second power test. Men & Women @ Air Resistance level 6

If you match one or more of the above standards and are interested in attending a specific trial, please complete the application form below and return to chris.woolley@thebbsa.co.uk.

**GB Bobsleigh - Talent Search ‘22**

**Application Form**

Please note that completing the below does not guarantee you a place at the squad trials. All athlete applications are assessed on a case by case basis and successful applicants will be invited to attend the trial date listed below.

NB: the trail process will look to advance athletes who are capable of meeting or exceeding the performance requirements of our squad.

It may be necessary to make cuts through the initial trial process if that is not displayed.

Trial Date: **Saturday 27th July 2019**

Trial Venue: University of Bath Sports Training Village, Bath, BA2 7AY

Full Name:

D.O.B & Age:

Home Town:

Occupation:

Contact Email:

Contact Number:

Height (cm):

Weight (kg):

Sporting Background:

Highest Level of Competition:

Training Age (how many years have you engaged in competition-based training?):

Do you have any injuries that would prevent you from completing a trial?

Briefly outline how you meet one or more of the above desired/ minimum standards.
***If not, is there a standard we haven’t outlined that you would identify as being transferable?***

Please complete fully and return to chris.woolley@thebbsa.co.uk ASAP. Applications will close on Wednesday 18th July.

Successful applicants will be notified and sent a timetable for the day on or before Wednesday 17th July.