



STRENGTH AND CONDITIONING REPORT

FEBRUARY '22 CAMP – RAF WYTON

Overview

The Scotland Wheelchair Rugby League Performance Squad met for the first time in camp since Dundee, July '21. February's camp in Wyton provided an opportunity for the Performance Squad to retest speed and conditioning levels and set a baseline for upper body power measured through a medicine ball toss activity. This allows us to identify any improvements made by the team, as well as individual changes in performance.

Overall, the performance of the squad was very promising. Of those who attended training camps at both Dundee and Wyton, average times for both **10m SPRINT** and **BRONCO** dropped. Times from the 10m SPRINT test fell from 3.92s in Dundee to 3.71s in Wyton, an improvement of **5.4%** as a group. Similarly, BRONCO times fell from an average of 4mins 40s to 4mins 18s, an improvement of **7.9%**. The table below highlights the players who have made the most significant improvements between the two camps.

Most Improved BRONCO	% improvement	time change (s)
1 M. Hartley	18.4	58.52
2 M. Mellon	17.2	48.5
3 B. Laing	13.6	50.36
4 J. Willans	10.2	28.88
5 N. Johnston	9.3	25.89

Most Improved SPRINT	% improvement	time change (s)
1 B. Laing	19.0	0.97
2 M. Hartley	7.9	0.34
2 D. Birtles	7.9	0.31
4 G. Dobson	7.2	0.33
5 R. Mellon	5.6	0.18

The players above have made great progress in their 10m SPRINT and BRONCO times. This is testament to their hard work and dedication to training.

The following two figures show the individual changes between Dundee '21 and Wyton '22. The figures highlight that almost all players have made an improvement since Dundee '21.

Figure 1 – Change in BRONCO time between Dundee '21 and Wyton '22

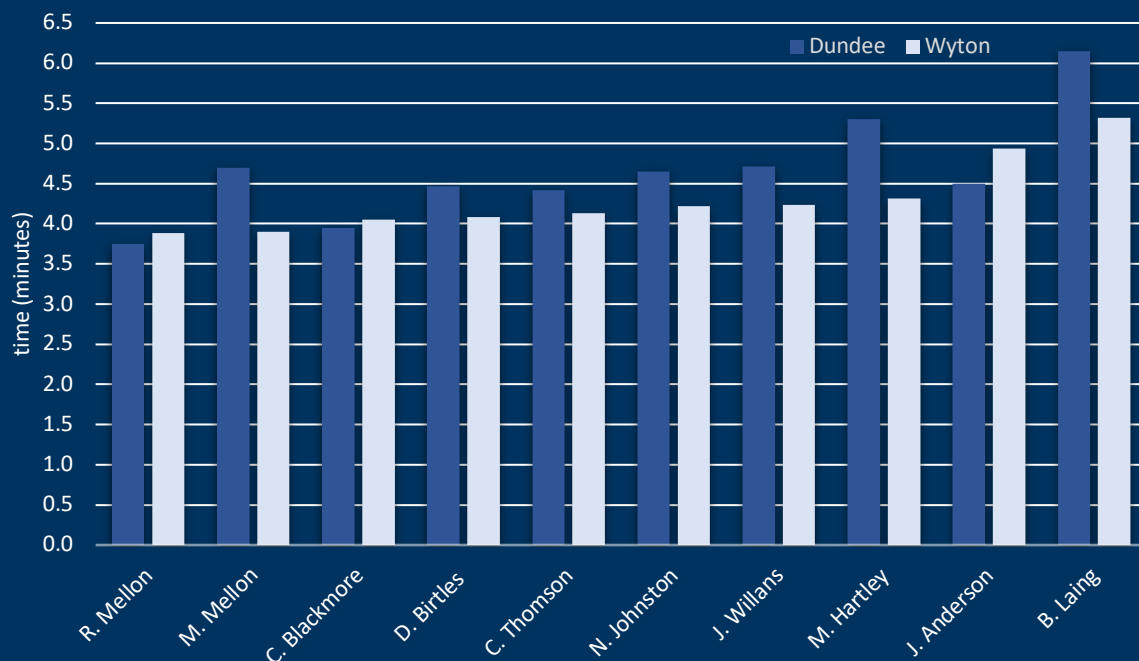
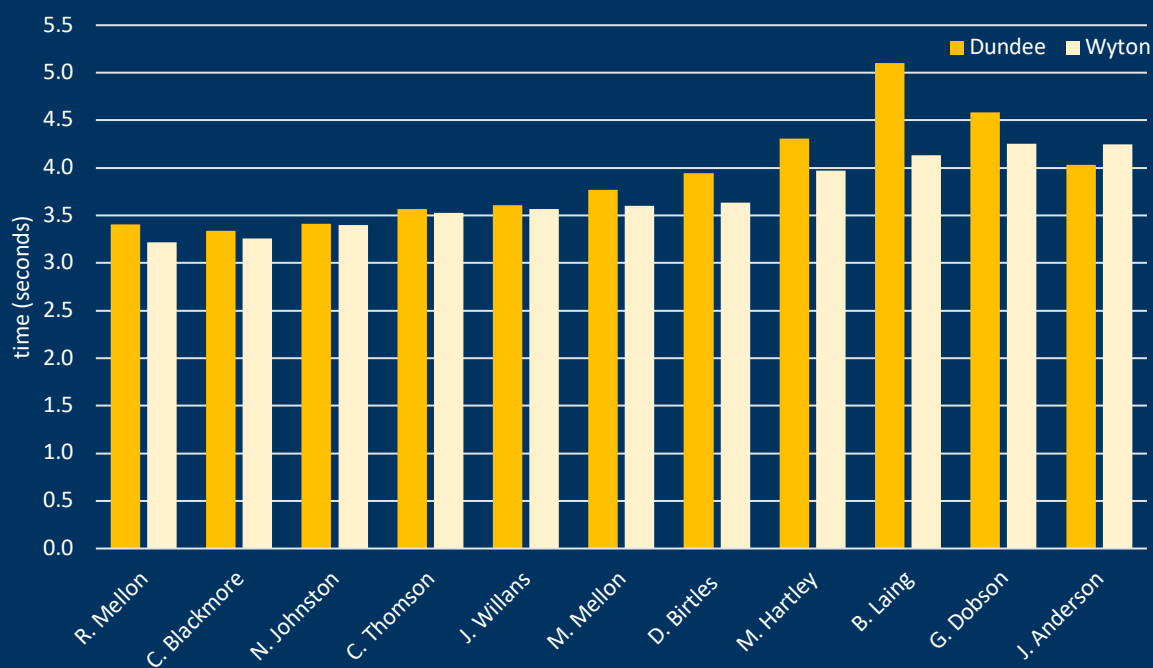


Figure 2 – Change in 10m sprint time between Dundee '21 and Wyton '22



The BRONCO, 10m SPRINT and MED BALL TOSS have been used as good indicators of performance in the game of wheelchair rugby league. The results from February's camp have shown the potential of this group to improve their physical capabilities which will in turn contribute to performance on the court. As a group Scotland Wheelchair Rugby League is growing into a competitive and professional outfit with each player being required to fight for their position in the lead up to international competitions such as the Celtic Cup and World Cup. The scores you achieve in these tests will be taken into account by the coaches when considering selection. Therefore, players should aim to better their own performance and endeavour to top the leader board. Below are the current standings for the 3 tests we have conducted as a performance squad.

Quickest BRONCO	time (min.s)
1 R. Mellon	3.45
2 M. Mellon	3.54
3 C. Blackmore	3.57
4 D. Birtles	4.05
5 C. Thomson	4.08

Quickest SPRINT	time (s)
1 R. Mellon	3.22
2 C. Blackmore	3.26
2 S. Ahmed	3.33
4 P. Lauder	3.38
5 N. Johnston	3.40

MED BALL TOSS	distance (cm)*
1 M. Mellon	918
2 P. Lauder	771
3 J. Willans	646
4 R. Mellon	589
5 N. Johnston	564

*combined distance of LEFT, RIGHT, and CHEST

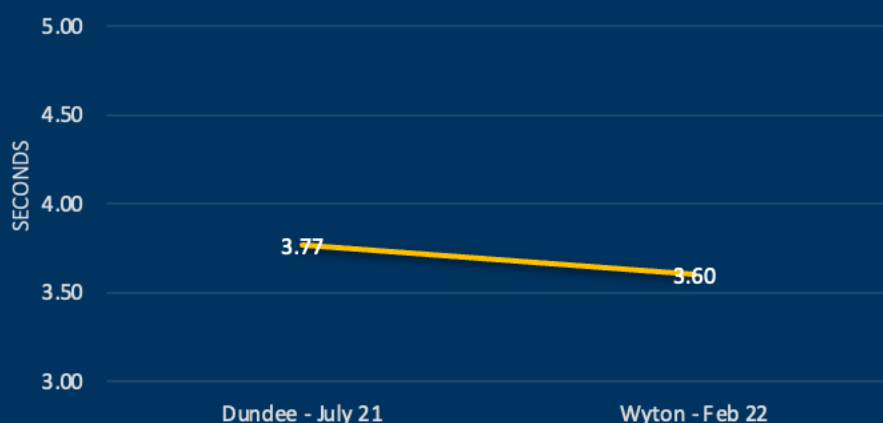
The MED BALL TOSS is a new test that has been introduced as an indicator of upper body pushing power as well as the ability to generate rotational force from left to right as well as right to left. It requires athletes to generate force as quickly as possible and requires a degree of coordination in timing. The diagram represents the 3 directions of the test. The goal is to produce the largest triangle possible; tall with a wide and even base of support.

Individual reports

The following section will display the individual changes in performance between Dundee 21' and Wyton '22. If you cannot find your scores below it is because you only attended one of the above camps and therefore no comparison can be made. If you are unsatisfied with your progression, speak to Jonny to discuss any possible changes to your training plans.

1. Michael Mellon

10m sprint



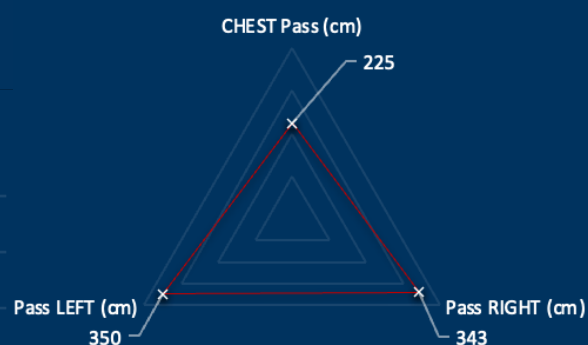
4.7% faster

Bronco



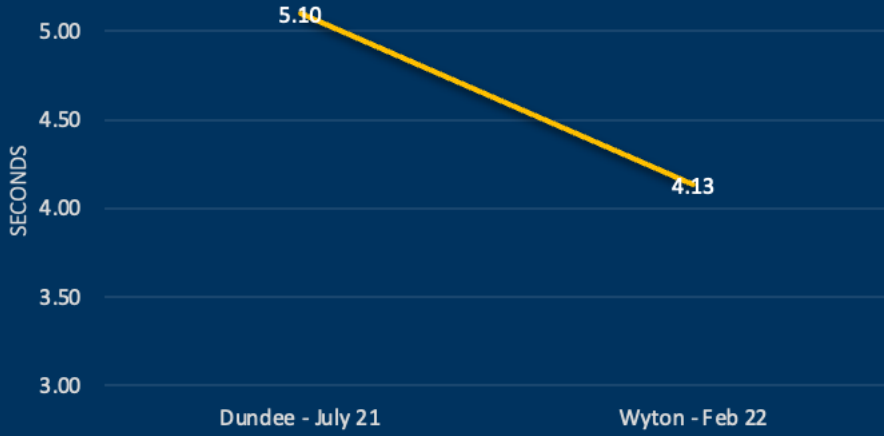
17.2% faster

Medicine ball toss



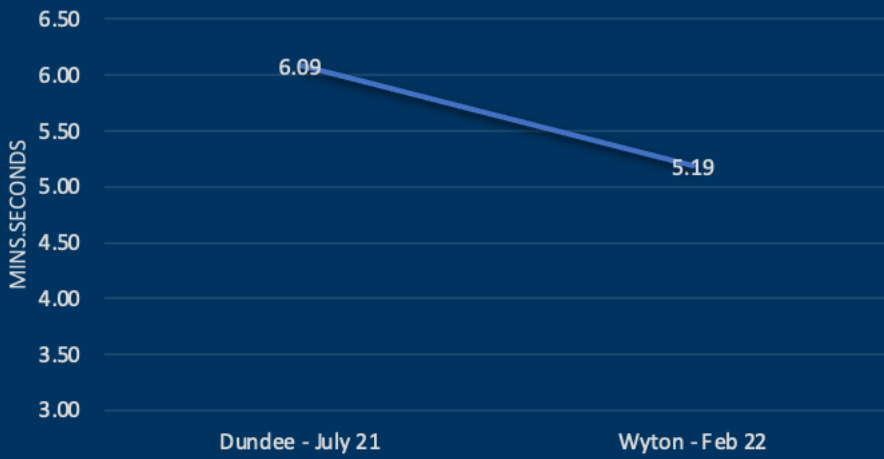
2. Bex Laing

10m sprint



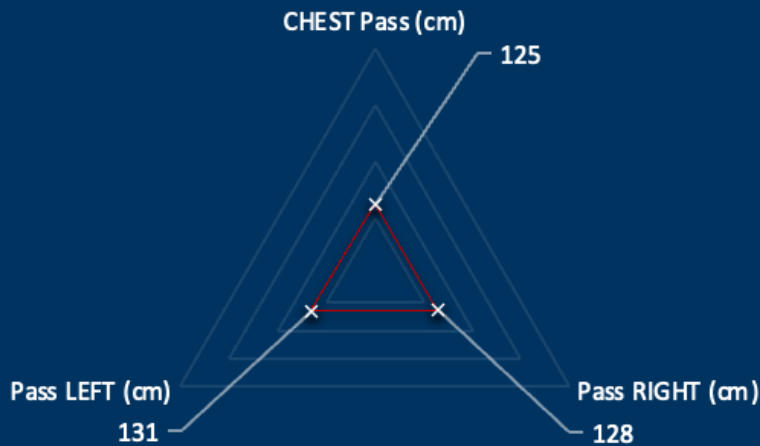
19.0% faster

Bronco



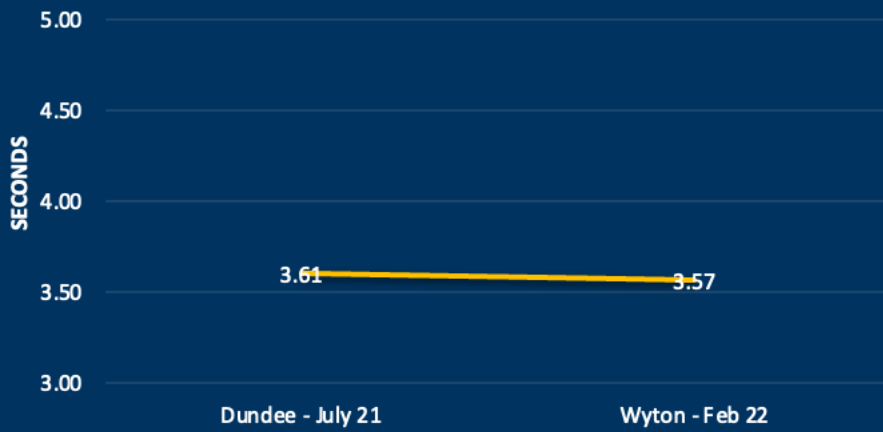
13.6% faster

Medicine ball toss



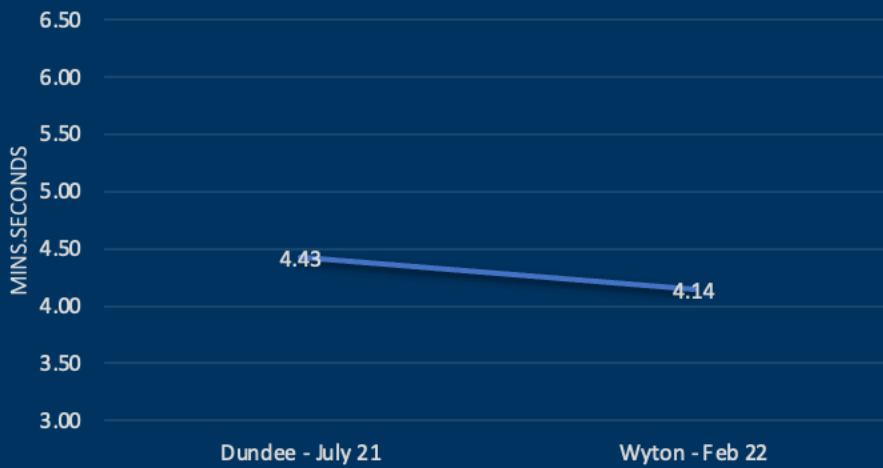
3. John Willans

10m sprint



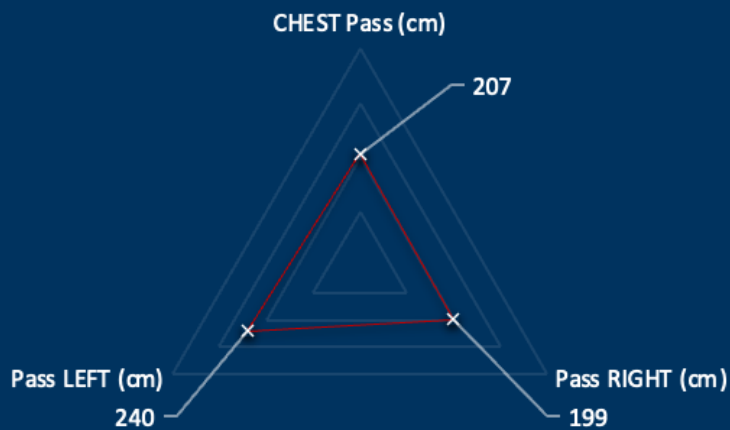
1.1% faster

Bronco



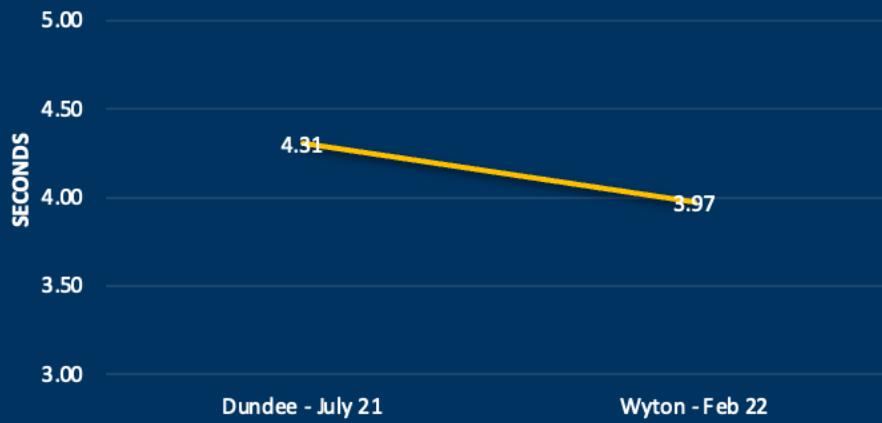
10.2% faster

Medicine ball toss



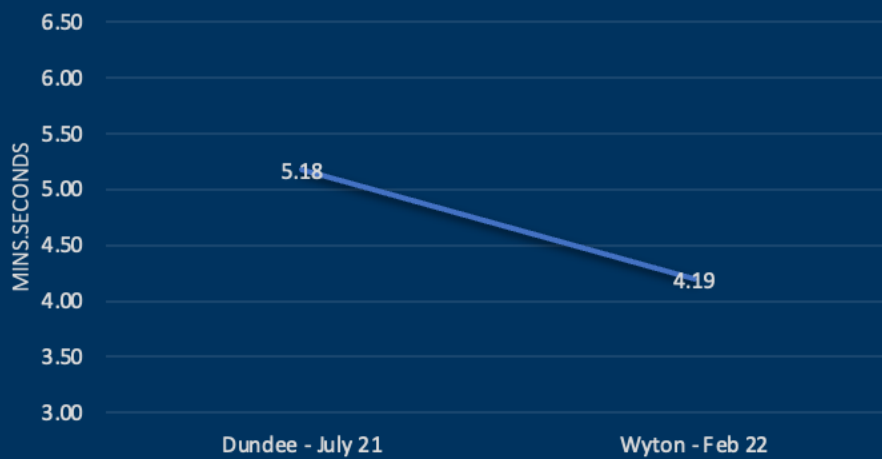
4. Midge Hartley

10m sprint



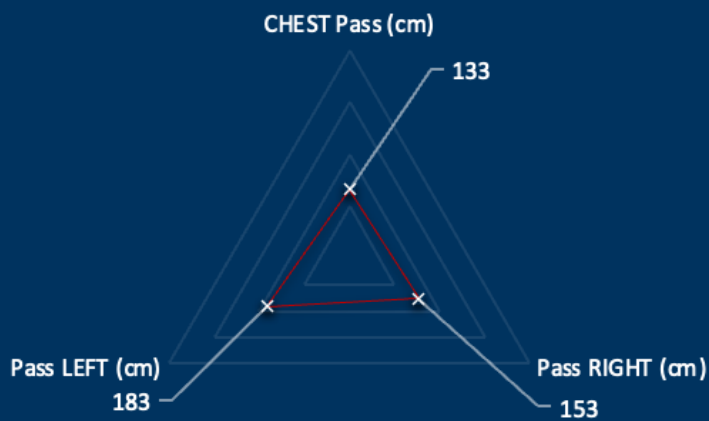
7.9% faster

Bronco



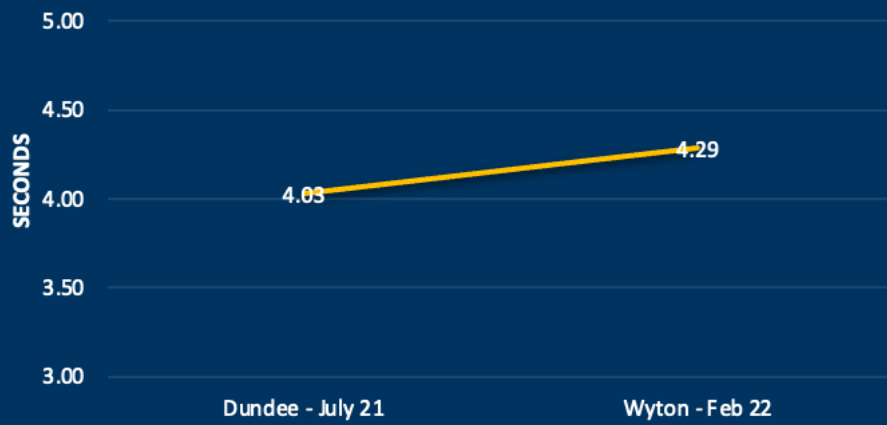
18.4% faster

Medicine ball toss



5. Jay Anderson

10m sprint



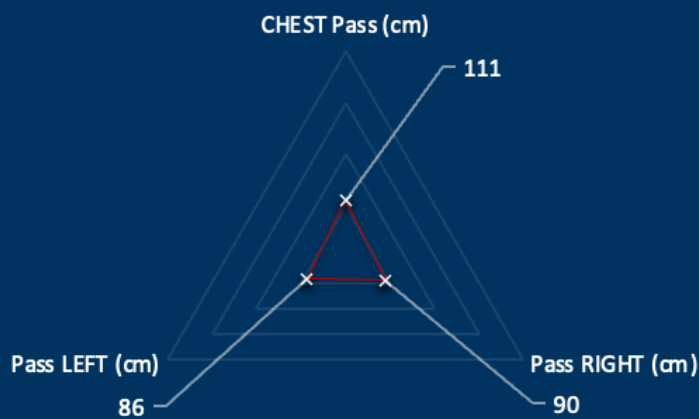
6.5% slower

Bronco



9.6% slower

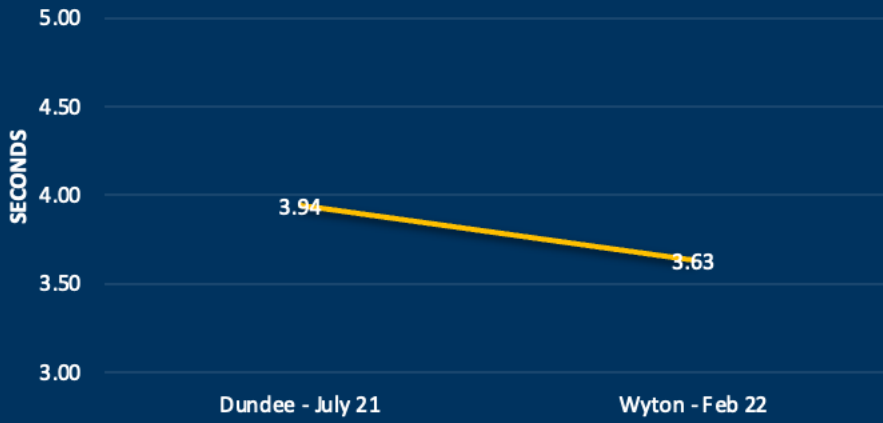
Medicine ball toss



****Nagging shoulder injury****

6. David Birtles

10m sprint



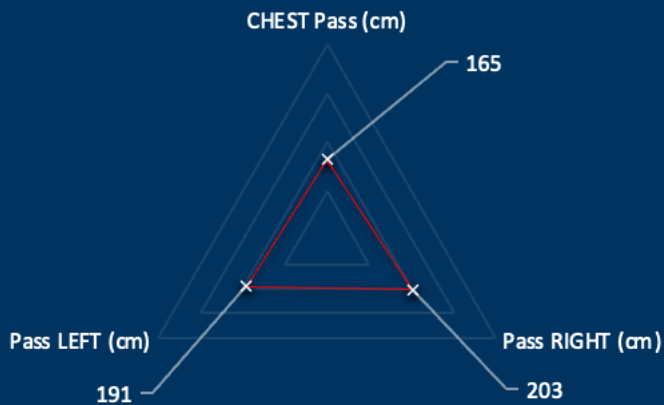
7.9% faster

Bronco



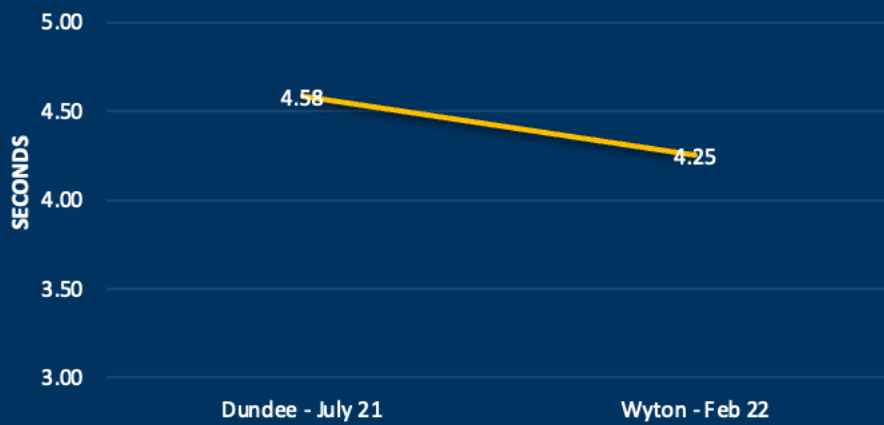
8.7% faster

Medicine ball toss



7. Gavin Dobson

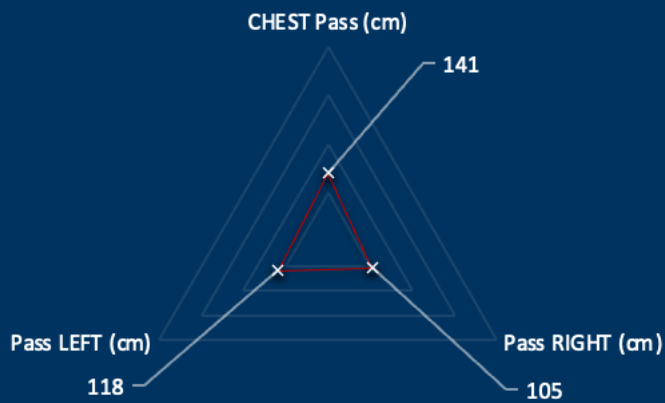
10m sprint



7.2% faster

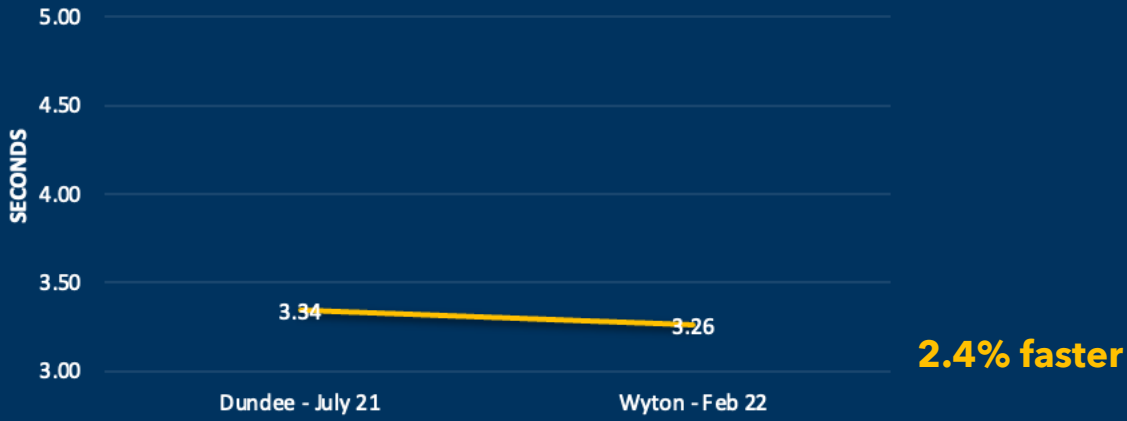
NO COMPARISON DATA FOR BRONCO

Medicine ball toss

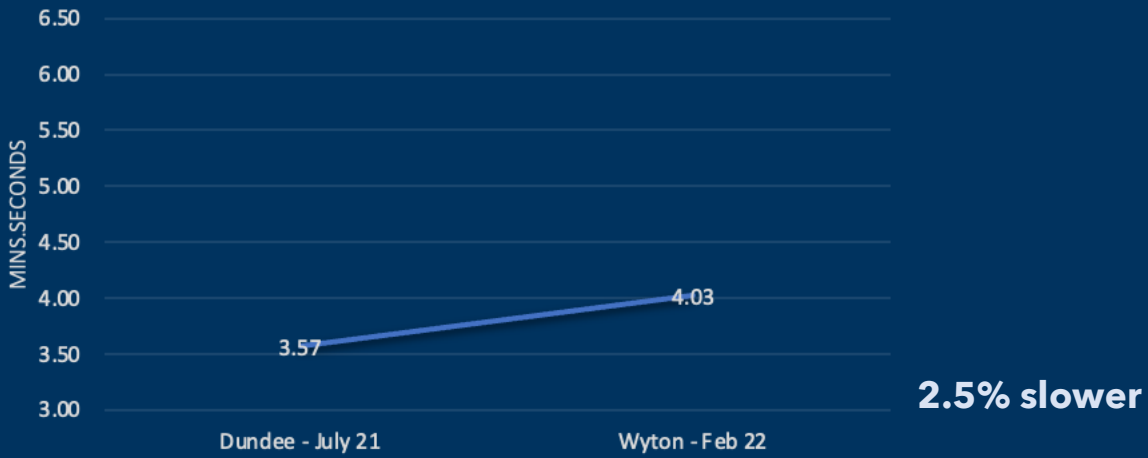


8. Connor Blackmore

10m sprint



Bronco

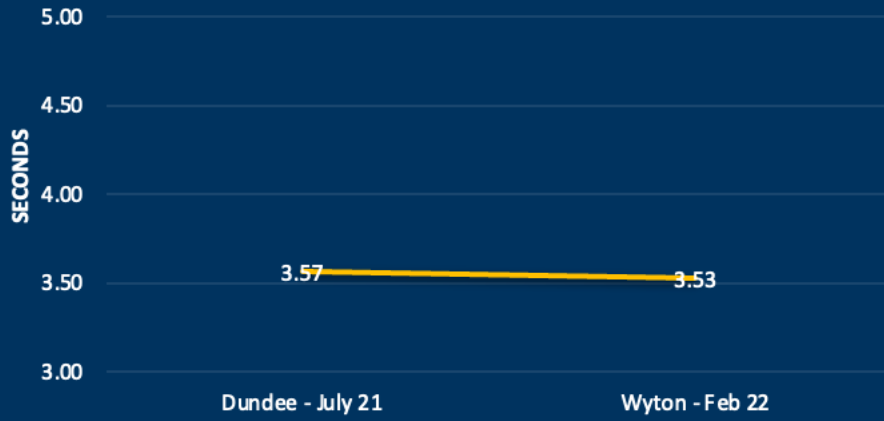


NO DATA FOR MED BALL TOSS

Rib injury

9. Cadyn Thomson

10m sprint



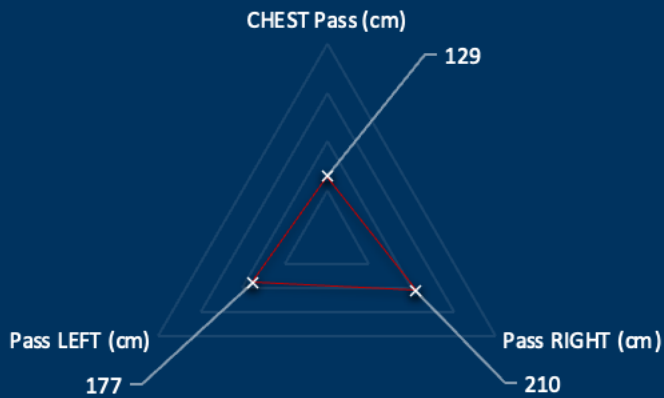
1.1% faster

Bronco



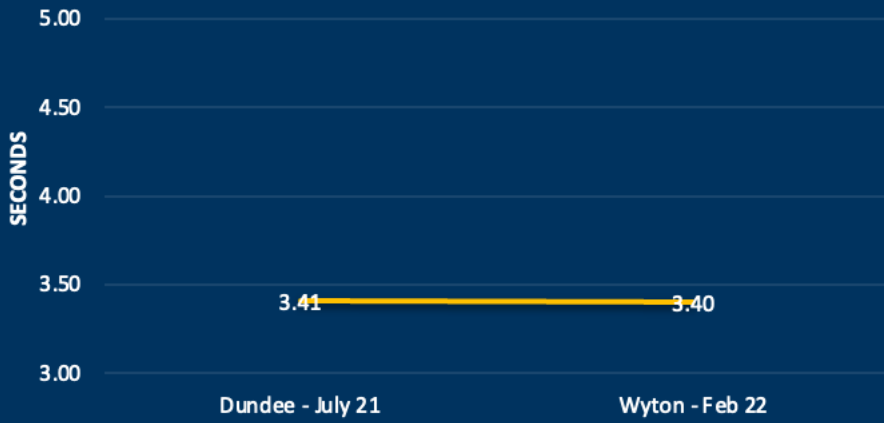
6.6% faster

Medicine ball toss



10. Neil Johnston

10m sprint



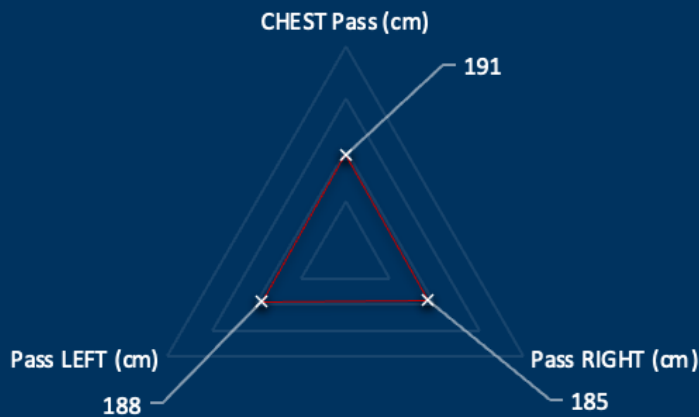
0.3% faster

Bronco



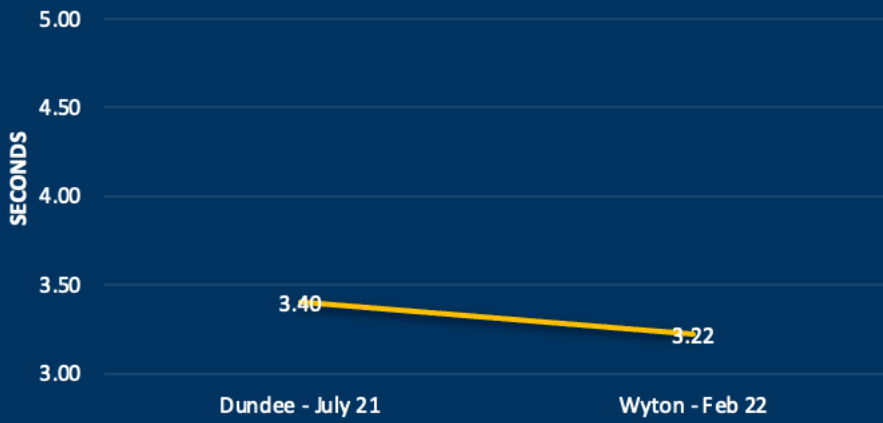
9.3% faster

Medicine ball toss



11. Ryan Mellon

10m sprint



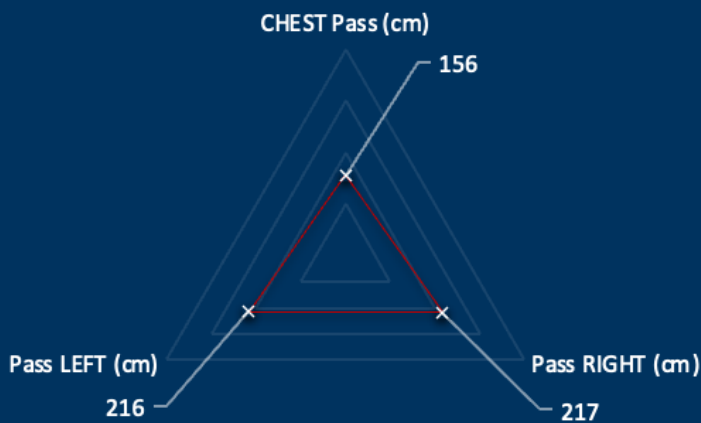
5.6% faster

Bronco



3.5% slower

Medicine ball toss



****Recovering from hand injury****