

Athlete Packet

THE ARLINGTON GAMES

Hosted by Arlington Sports Conditioning

A large red circle containing the logo for Arlington Sports Conditioning. The logo consists of the letters 'A', 'S', and 'C' stacked vertically in a black box on the left, and the words 'ARLINGTON', 'SPORTS', and 'CONDITIONING' stacked horizontally in white text on the right.

ARLINGTON
SPORTS
CONDITIONING

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SCHEDULE OF EVENTS

Congratulations on signing up for *The Arlington Games*!

The Arlington Games measures your all-around physical fitness across five key dimensions: agility, explosive power, speed, muscular strength, and cardiovascular endurance. There are six events (order subject to change) at *The Arlington Games* with breaks in between each event.

- 1. Timed Footwork Drill (on turf)**
- 2. 100-Yard Sprint (on turf)**
- 3. Max Vertical Jump**
- 4. One Set of Push-ups to failure**
- 5. One Set of Pull-ups or Chin-ups to failure (men) or Inverted Rows to failure (women)**
- 6. Timed One-Mile Run (on running track)**

OFFICIAL RULES FOR EACH EVENT

You get one official attempt for each event, except for the Max Vertical Jump event, in which you get up to three attempts back-to-back. Below are official rules for each event:

1. Timed Footwork Drill

- You will begin inside of several pieces of tape that have been taped to the ground to form three sides of a square.
- The test begins with you moving your feet one at a time above and below the line (aka “up, up, down, down”). You will perform 5 rounds of “up, up, down, down” as quickly as possible.
- Then, you will immediately move your feet one at a time outside and inside two of the lines (aka “out, out, in, in”). You will perform 5 rounds of “out, out, in, in” as quickly as possible.
- Then, you will immediately shuffle five yards to either side and back to the starting point.
- Then, you will immediately sprint ten yards to the same side that you started your shuffle, turn around, and sprint ten yards back.
- The goal is to complete the entire circuit as fast as possible.
- Cleats are recommended for better grip and faster speed on turf.

2. 100-Yard Sprint

- You will run 100 yards as fast as possible on the turf.
- Cleats are recommended for better grip and faster speed on turf.

3. Max Vertical Jump

- After you check-in at *The Arlington Games*, you will get your standing reach measured (i.e., how high you can reach with one arm while keeping both feet planted).
- The highest point that you can reach is your starting point.
- For this event, you will get a running start and jump and touch as high as possible against a wall or on our vertical jump tester machine.
- The difference between the two heights is your Maximum Vertical Jump.

4. **One Set of Push-ups to failure**

- Your body must maintain a straight line from your heels to your head for the entire set.
- Begin each rep by bending your elbows and lowering your entire body as a single unit until your arms form a 90-degree angle or less.
- Then, return to the starting position by raising your entire body until your arms are fully extended at the top.
- Partial reps or reps with bad form will not be counted. Do not drop your head or let your hips sag.
- Complete as many reps as possible in one set.
- There is no time limit, and you can rest as long as you want at the top of each rep, as long as you maintain a straight line from your heels to your head. The set ends if you fail to maintain a straight line.

5. **One Set of Pull-ups or Chin-ups to failure (men)**

- Your palms can face away from you (pull-ups) or toward you (chin-ups).
- Regardless of your grip, you must begin in a "dead-hang" with your arms fully extended, your body hanging motionless, and your feet not touching the ground.
- Your chin must go above the bar at the top of each rep.
- You must extend your arms fully at the bottom of each rep.
- Partial reps or reps with bad form will not be counted.
- Kipping or using your legs is not allowed.
- Complete as many reps as possible in one set.
- There is no time limit, and you can rest as long as you want in between reps (as long as your feet do not touch the ground and both hands stay on the bar).

One Set of Inverted Rows to failure (women)

- Your body must maintain a straight line from your heels to your head.
- You will lie on the floor (face up) underneath a bar with the bar directly above your chest.
- Grab the bar with palms facing away from you or toward you, slightly wider than shoulder-width. When grabbing the bar, your body should be only slightly above parallel to the ground and no more than 10-20 degrees above the ground.
- Pull yourself up to the bar until your chest (not your face, neck, or stomach) touches the bar.

- Lower yourself back down with proper form until your arms are fully extended but without your body resting on the ground.
- Complete as many reps as possible in one set.
- The only part of your feet that can touch the ground during the set is your heels. You cannot use the arches of your feet to help push your body up.
- Partial reps or reps with bad form will not be counted.
- There is no time limit, and you can rest as long as you want in between reps (as long as both hands stay on the bar, and you don't rest on the ground, arch your back, or touch the ground with any part of your feet other than your heels).

6. **Timed One-Mile Run**

- You will run four laps around the track as fast as possible.

SCORING SYSTEM FOR THE ARLINGTON GAMES

You will receive points for each event. The maximum score that you can receive in *The Arlington Games* is 100. We have set the bar very high for each event. The scoring system for each event is as follows:

For Men

1. **100-Yard Sprint:** You earn 1 point for each 1.0 seconds faster than 30 seconds, with a maximum score of 20 points for a time of 10 seconds or faster.
2. **Max Vertical Jump:** You earn 0.5 points for each inch that you jump, with a maximum score of 20 points for a jump of 40 inches or higher.
3. **Timed Footwork Drill:** You earn 1 point for each 1.0 seconds faster than 30 seconds, with a maximum score of 20 points for a time of 10 seconds or faster.
4. **One Set of Push-ups to failure:** You earn 0.13 points for each rep that you complete, with a maximum score of 10 points for 75 reps or more.
5. **One Set of Pull-ups or chin-ups to failure:** You earn 0.4 points for each rep that you complete, with a maximum score of 10 points for 25 reps or more.
6. **Timed One-Mile Run:** You earn 1 point for each 30 seconds faster than 15 minutes, with a maximum score of 20 points for a time of 5 minutes or faster.

For Women

1. **100-Yard Sprint:** You earn 1 point for each 1.0 seconds faster than 31.5 seconds, with a maximum score of 20 points for a time of 11.5 seconds or faster.
2. **Max Vertical Jump:** You earn 0.61 points for each inch that you jump, with a maximum score of 20 points for a jump of 33 inches or higher.
3. **Timed Footwork Drill:** You earn 1 point for each 1.0 seconds faster than 31.5 seconds, with a maximum score of 20 points for a time of 11.5 seconds or faster.

4. **One Set of Push-ups to failure:** You earn 0.25 points for each rep that you complete, with a maximum score of 10 points for 40 reps or more.
5. **One Set of Inverted Rows to failure:** You earn 0.4 points for each rep that you complete, with a maximum score of 10 points for 25 reps or more.
6. **Timed One-Mile Run:** You earn 1 point for each 30 seconds faster than 15 minutes and 30 seconds, with a maximum score of 20 points for a time of 5 minutes and 30 seconds or faster.

HOW TO WARM-UP FOR EACH EVENT

A proper warm-up increases your performance and reduces your chances of injury. The best warm-up for each event in *The Arlington Games* is a lower-intensity version of that event. Gradually increase your intensity as you get closer to your event.

You are responsible for your warm-up before each event. We recommend starting with a 10-minute full-body warm-up that includes light running, body weight exercises (i.e., jumping jacks, squats, lunges, etc.), and plyometrics. (i.e., high knees, butt kicks, skips, shuffles, cariocas, etc.) The following are some recommendations for additional warm-ups to do on your own prior to completing each event:

1. Warm-Up for Timed Footwork Drill

- Warm-up for the drill by breaking it down into individual components.
- Do 2-3 sets of each of the individual components, while gradually increasing intensity from 50% to 90% effort.

2. Warm-Up for 100-Yard Sprint

- Do several shorter runs of 10-30 yards each, while gradually increasing intensity from 50% to 90% effort for each run.

3. Warm-Up for Max Vertical Jump

- Do several sets (1-3 reps per set) of standing vertical jumps (no run-up), while gradually increasing intensity from 50 to 90% effort.
- Do several sets (1-3 reps per set) of vertical jumps (including a run-up), while gradually increasing intensity from 50 to 90% effort.

4. Warm-Up for One set of Push-ups to failure

- Do several sets of jumping jacks, slow mountain climbers, and shoulder taps from a push-up plank position. Each set should be 10-15 seconds long with breaks in between.

5. Warm-Up for One set of Pull-ups or Chin-ups to failure

- If you have your own resistance bands, you can wrap one around a horizontal pole and do a few sets of resistance band lat pulldowns (3-5 reps per set).

Warm-Up for One set of Inverted Rows to failure

- If you have your own resistance bands, you can wrap one around a vertical pole and do a few sets of resistance band rows (3-5 reps per set).

(6) Warm-Up for Timed One-Mile Run

- Run 50-100 yard loops on the turf several times at 60-70% effort.
- Perform some light plyometrics (i.e., high knees, butt kicks, skips, shuffles, cariocas, etc.), and body weight exercises (i.e., squats, lunges, etc.)
- Complete several sets of 20-30 second runs (with 1-2 minute breaks in between), while gradually increasing your intensity.

Additional Notes:

- Make sure to take breaks between each warm-up set. Do not push too hard with your warm-up. The goal is to feel warm but not tired when you start each event.
- The longer you wait in between events, the longer you will need to warm-up again before your next event.
- Aim to finish your warm-up for each event as close as possible to the start time of each event, while still leaving yourself enough time to recover.

FREQUENTLY ASKED QUESTIONS (FAQ)

FAQ: Do you need to be a local resident to participate in *The Arlington Games*?

Yes. This event is only open to local residents. You need to live in Arlington or within 10 miles.

FAQ: Do you have to do every event in *The Arlington Games*?

No. While we encourage you to do each event, you can skip any event you don't want to do. Skipping an event will hurt your total score if you are doing the event competitively, however.

FAQ: I'm a little nervous about participating. Should I still participate?

Yes! All ability levels are encouraged to participate. You can compete against others or only against yourself. This will be a friendly competition.

FAQ: How long will *The Games* take to complete? Does everyone do each event at the same time?

Some of the events will happen simultaneously. Others will be staggered in waves. Plan on taking 1-2 hours to complete each of your events. You will be able to take breaks in between each event.

FAQ: What is the weather policy for *The Arlington Games*?

The Arlington Games are on- rain or shine.

ABOUT ARLINGTON SPORTS CONDITIONING (ASC)

Arlington Sports Conditioning (ASC) is an athletic strength and conditioning program that has helped thousands of people in Arlington burn fat, build lean muscle, and get faster, stronger, and fitter. ASC has been Arlington's #1 fitness community for more than 10 years. Pete Leibman is the Creator of *The Arlington Games* and the Founder and Head Coach of ASC. Visit ArlingtonSC.com to learn more about ASC.



ASC Labor Day workout at Washington-Liberty High School Stadium