



95, 96, 97 , Wazir Nagar, Kotla Mubarakpur, New Delhi. 110003.

Phone: +91 11 4632 11 77 Email: info@sportingethos.com

INSTRUCTIONS FOR ATHLETE ASSESSMENT

Dear Sir/Ma'am,

Please find below the details of the Comprehensive Assessment at Sporting Ethos.

DETAILS OF ASSESSMENT

Please find below the details of the assessment, the number of sessions (not in any particular order) and their duration:

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|--|--------------|
| 1. Filling up of Registration Form | [10 minutes] |
| 2. Body Composition Analysis | [15 minutes] |
| 3. Assessment by Sports Physician | [30 minutes] |
| 4. Functional Movement Assessment & Injury Screening | [30 minutes] |
| 5. Physical Fitness Assessment (Day 1) | [60 minutes] |
| 6. Sport Psychology Assessment | [45 minutes] |
| 7. Sport Nutrition Assessment | [45 minutes] |
| 8. Physical Fitness Assessment (Part 2, if applicable) | [60 minutes] |

After all the assessments are done and the results are compiled, we will provide you with a detailed report of the assessments along with recommendations by all our experts.

2. DURATION OF ASSESSMENT

- The assessment is generally conducted over **2 days**. **Report sharing is done on a separate day which will be at least 2 days after the second day of assessment.**

3. GEAR/HEALTH RECORDS/FOOD ITEMS

- Please come in your **training gear with proper running shoes.**
- Please bring any recent **medical or health-related documents** (prescriptions, X-rays etc.) on both days of the assessment.
- You are advised to **carry some light snack** with yourself which can be consumed during the break. The athlete will need some nutrition before beginning the next phase of Physical Fitness Assessment.



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4. DOs and DON'Ts

- You are **strictly advised NOT to** undertake and exercise/training/practice of even light or moderate intensity **24 hours prior to Day 1 of the assessment.**
- If we find that you are injured, we cannot continue with the Physical Fitness Assessment as this would put you at risk of more injury.
- Please **finish your meal at least 2 hours prior** the Physical Fitness Assessment.
- Please avoid consumption of caffeine 24 hours prior to the assessment.

5. FOLLOW-UP AND CHARGES

- We would request the athlete and their parents (if the athlete is a minor) to collect the report in person and discuss the details of assessment and recommendations.
- Based on our recommendations, you can choose from our programmes for improving upon areas of concern. The details of the programmes will be shared with you when required by you.
- The charges for the assessment are INR 7,500/- inclusive of taxes for children under the age of 18 years. The charges for athletes who are 18+ are INR 10,000/- inclusive of taxes.

6. QUERIES

- For any queries before, during or after the assessment, please feel free to get in touch with our experts. Alternatively you can call us at **+91 9910 200 688** or 011 4632 11 77. You can also email us at info@sportingethos.com

**Warm regards,
Team Sporting Ethos**