



TEAMGOLDUSA USA1 | DRY TESTING | ISO

Streamline & Bracing Endurance

Coach administration packet

PURPOSE

Three supervised field stations record time maintaining a defined swimmer-relevant position with continuous breathing. The battery does not measure peak force, rate of force development, swim speed or wall-push power.

PRIMARY OUTPUT

Seconds plus technique stop

EQUIPMENT

Stopwatch, wall and floor

1

Prone streamline hold

Lie prone with legs long and hands stacked overhead. Lift arms and upper chest to a comfortable controlled height; legs may lift slightly. Stop for hands/chest down, knee bend, alignment failure after one cue, breath-holding or symptoms.

2

Upper-body bracing hold

Use high plank as the foundation variant. Use a 90-degree push-up hold only when safely demonstrated. Maintain head-trunk-heel alignment and continuous breathing. Record the exact variant; never compare across variants.

3

Wall sit with streamline arms

Set feet consistently and hips/knees near 90 degrees. Hold the best pain-free overhead streamline. Stop for leg-position failure, foot movement, loss of the recorded arm standard or symptoms.

4

Record and compare

Record seconds, age band, variant, technique stop and symptoms. Compare primarily with the same athlete under the same protocol; age bands organize the roster but are not validated pass/fail norms.



Streamline & Bracing Endurance

Multi-athlete recording sheet

3 / 4

Date _____ Assessor _____ Location _____ Warm-up/version _____

FIELD / UNIT	ATHLETE 1	ATHLETE 2	ATHLETE 3	ATHLETE 4	ATHLETE 5	ATHLETE 6	ATHLETE 7	ATHLETE 8
Prone streamline seconds								
Prone stop code								
Plank/push-up variant								
Upper hold seconds								
Upper stop code								
Wall sit seconds								
Wall sit arm standard								
Wall sit stop code								
Age band								
Symptoms/notes								

RECORD THE EXACT PROTOCOL AND STOP REASON.

Compare like-for-like conditions. Do not convert this sheet into medical diagnosis, clearance or unsupported universal pass/fail standards.

INTERPRETATION LIMITS

- No public 20-120 second age targets: the supplied cutoffs were not validated youth-swimmer norms.
- Do not compare high-plank and 90-degree push-up variants.
- Require continuous breathing. Technique failure ends the attempt.
- Stop for pain, dizziness, chest symptoms, unusual breathlessness, numbness or tingling.

SAFETY AND MEDICAL BOUNDARY

Stop testing for pain, dizziness, chest symptoms, unusual shortness of breath, numbness, tingling, illness, loss of safe control or an individualized restriction. Follow parent/guardian communication, qualified clinical guidance and the emergency action plan.

SCIENTIFIC JOURNALS - HOT LINKS

Boyer et al. Plank hold in children 8-12

<https://doi.org/10.1123/pes.25.3.407>

Faigenbaum et al. NSCA youth resistance statement

<https://doi.org/10.1519/JSC.0b013e31819df407>

Bergeron et al. IOC youth development consensus

<https://doi.org/10.1136/bjsports-2015-094962>

Cruz-Leon et al. Field fitness test safety review

<https://doi.org/10.1186/s40798-024-00799-1>