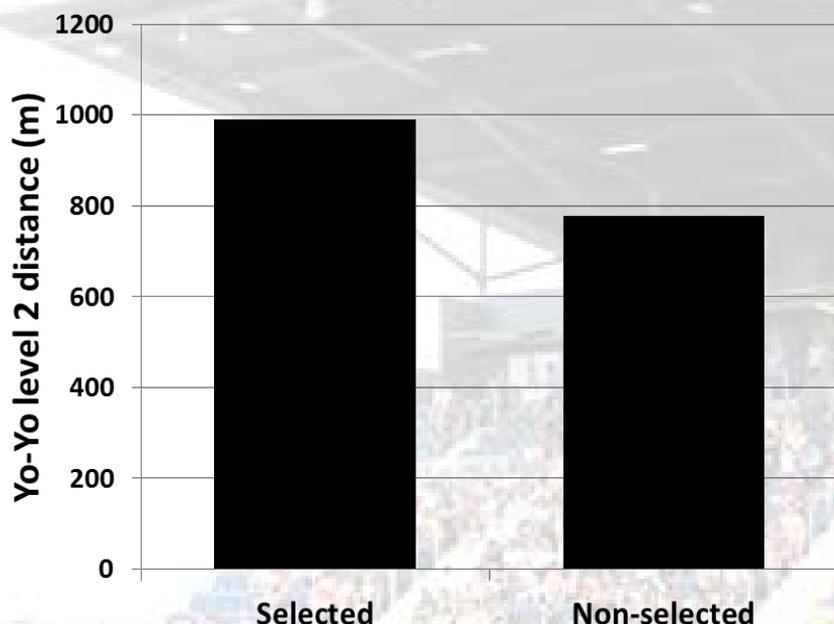
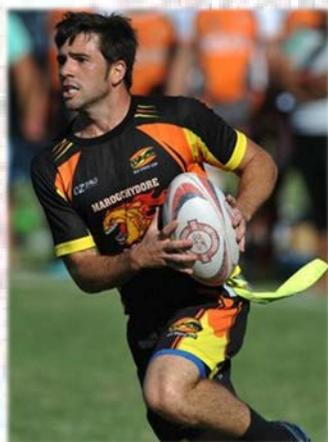


## Research from the 2014 Senior Qld State Cup!

During the 2014 Queensland Senior State Cup the sport science team examined the fitness levels and match-activity profiles of the Maroochydore men's team. Check out the previous issue of Sport Science Update ([http://www.queenslandoztag.com.au/index.php?page\\_id=144](http://www.queenslandoztag.com.au/index.php?page_id=144)) to see the team's match statistics. They covered approximately 13% more distance per minute than teams tracked in 2013 suggesting 'winning' OzTag teams run further and faster. In this issue of Sport Science Update we take a further look into the importance of fitness and what it takes to represent QLD!



The figure (left) shows the distance covered during the Yo-Yo Intermittent Recovery Test (level 2) based on representative selection into the Queensland team. Selected players covered over 200 m more during the test than non-selected players. There is much more to OzTag than just running until you drop – players need to tag, pass, catch and kick and they need to do these skills well. However, OzTag is also a very fast-paced game and the results above suggest skilful players may also require high aerobic fitness levels to perform at their best.



### Player Profile: Scott Radmall

Scott covered a massive 1160 m during the Yo-Yo fitness test making him the fittest guy in the team. That score puts him well above mean scores reported for professional soccer players (730-880 m). If you want to see if you can better Scott's score download the iPhone app and instructions found below.

### Instructions:

[http://www.queenslandoztag.com.au/index.php?page\\_id=119](http://www.queenslandoztag.com.au/index.php?page_id=119)

### Fitness test audio:

<https://itunes.apple.com/au/app/team-beep-test/id403230836?mt=8>

Thank you to the Maroochydore men's team for participating in the sport science research. Thanks for a great weekend and well done to the Moorooka men's team on taking out the 2014 Queensland State Cup.

### In the next Issue:

Research from the 2014 State of Origin!

**Do you have a question** for the sport science team?

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