



A FITNESS PROFILE OF THE ELITE AND SUB-ELITE HANDBALL PLAYER



Research Project: There is a paucity of research on the physiological, physical, and anthropometric profiles of elite and sub-elite handball players. Fitness profiling can be a valuable means of identifying talent, strengths and weaknesses in athletes and can be fundamental in the design of strength and conditioning programmes.

Who are we looking for? 30 male Senior and 30 male Junior/ Junior B handball players.

What will you gain for participating?

- ✓ **FREE** 2-day laboratory-based fitness assessment, including DXA body composition analysis, VO₂max, strength, speed, agility and power testing.
- ✓ **FREE** clear and concise feedback relevant to your assessment and how this translates to performance during handball match-play.

Where and when? Dublin City University, March – April 2016.

Further Information:

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Please contact Mr. Brian Reilly, if you are interested in taking part in the study.