

TCSC NEXTGEN

HOW THE TCSC NEXTGEN PROGRAM WORKS



1

COMPLETE
4-5 TESTS ON
SHOWCASE DAY



2



EARN POINTS
EACH TEST IS SCORED
FROM 0 TO 4 POINTS
BASED ON PERFORMANCE



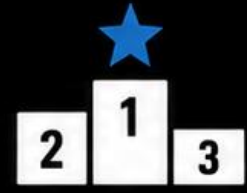
3



TOTAL YOUR POINTS
POINTS FROM ALL TESTS
ARE ADDED TOGETHER
FOR ATHLETE TOTAL



4

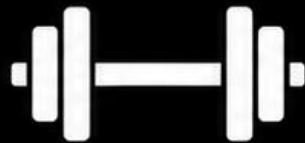


GET PLACED
TOTAL POINTS PLACE YOU
IN A NEXTGEN LEVEL (1-5)

5 TEST CATEGORIES



CONDITIONING



LOADED OUTPUT



**GYMNASTICS
CAPACITY + SKILL**



**ELITE BENCHMARK
(TIER II/IV ONLY)**



ATHLETIC RACE

TCSC
NEXTGEN

**IT'S TIME TO
LEVEL UP**



TCSC NEXTGEN SHOWCASE

SHOWCASE TESTS



CONDITIONING
BENCHMARK TEST



LOADED
OUTPUT TEST



GYMNASTIC
CAPACITY +
SKILL TEST



CHAMPIONSHIP
BENCHMARK TEST
(TIER III & IV ONLY)



ATHLETIC
RACE TEST

TIER I (4 TESTS)

TARGET AGE GROUP: 7-9

ELIGIBLE AGES: 7-18



WHITE

0-5
POINTS



YELLOW

7-11
POINTS



GREEN

12-15
POINTS



RED

16
POINTS

TIER II (4 TESTS)

TARGET AGE GROUP: 10-12

ELIGIBLE AGES: 10-18



ORANGE

1-6
POINTS



PINK

7-11
POINTS



PURPLE

12-15
POINTS



TEAL

16
POINTS

TIER III (5 TESTS)

TARGET AGE GROUP: 13-15

ELIGIBLE AGES: 13-18

i LEVEL 9 REQUIREMENT:
MINIMUM 1PT IN ALL TESTS



BLUE

4-8
POINTS



NAVY

9-14
POINTS



BRONZE

15-19
POINTS



SILVER

20
POINTS

TIER IV (5 TESTS)

TARGET AGE GROUP: 16-18

ELIGIBLE AGES: 16-18

i LEVEL 13 REQUIREMENT:
MINIMUM 1PT IN ALL TESTS



GOLD

4-10
POINTS



BLACK

11-19
POINTS



PLATINUM

20
POINTS

TCSC NEXTGEN

TCSC NEXTGEN: **CONDITIONING BENCHMARK TEST**

TIER	TEST DESCRIPTION	SCORING	POINTS FOR LEVEL	
TIER I	500m Row <u>For</u> Time	Time (incl 0.1 – set Row to Single Distance)	4 POINTS = ≤ 2:15.0 3 POINTS = 2:15.1–2:35.0 2 POINTS = 2:35.1–2:55.0 1 POINT = 2:55.1–3:30.0	
TIER II	500m Row <u>For</u> Time	Time (incl 0.1 – set Rower to Single Distance)	4 POINTS = ≤ 2:00.0 3 POINTS = 2:00.1–2:15.0 2 POINTS = 2:15.1–2:35.0 1 POINT = 2:35.1–3:00.0	
TIER III	500m Row <u>For</u> Time	Time (incl 0.1 – set Row to Single Distance)	 4 POINTS = ≤ 1:44.9 3 POINTS = 1:45.0–1:54.9 2 POINTS = 1:55.0–2:04.9 1 POINT = 2:05.0–2:14.9	 4 POINTS = ≤ 1:37.9 3 POINTS = 1:38.0–1:42.9 2 POINTS = 1:43.0–1:49.9 1 POINT = 1:50.0–1:59.9
TIER IV	500m Row <u>For</u> Time	Time (incl 0.1 – set Row to Single Distance)	 4 POINTS = ≤ 1:38.9 3 POINTS = 1:39.0–1:44.9 2 POINTS = 1:45.0–1:49.9 1 POINT = 1:50.0–1:59.9	 4 POINTS = ≤ 1:28.9 3 POINTS = 1:29.0–1:34.9 2 POINTS = 1:35.0–1:39.9 1 POINT = 1:40.0–1:49.9

TCSC NEXTGEN

TCSC NEXTGEN: LOADED OUTPUT TEST

TIER	TEST DESCRIPTION	SCORING	POINTS FOR LEVEL
TIER I	4:00 CLOCK 40 Box Jumps or Step-Ups (20") MAX Dumbbell Snatch (Choice Weight) in Remainder	Dumbbell Weight × Total Reps (eg. 10# DB x 20reps = 200)	4 POINTS = 600+ 3 POINTS = 400–599 2 POINTS = 200–399 1 POINT = 1–199
TIER II	4:00 CLOCK 40 Box Jumps (20") Establish 5RM Hang Power Clean	Heaviest Successful Weight 25% Load Penalty Applied if Lift Completed After 4:00	4 POINTS = 75+ ♀ / 85+ ♂ 3 POINTS = 65–74 ♀ / 75–84 ♂ 2 POINTS = 55–64 ♀ / 65–74 ♂ 1 POINT = 35–54 ♀ / 44–64 ♂
TIER III	4:00 CLOCK 40 Box Jumps (20"/24") Establish 1RM Clean & Jerk	Heaviest Successful Weight 25% Load Penalty Applied if Lift Completed After 4:00	4 POINTS = 136+ ♀ / 195+ ♂ 3 POINTS = 125–135 ♀ / 165–194 ♂ 2 POINTS = 105–124 ♀ / 135–164 ♂ 1 POINT = 85–104 ♀ / 95–134 ♂
TIER IV	4:00 CLOCK 40 Box Jumps (20"/24") Establish 1RM Squat Snatch	Heaviest Successful Weight 25% Load Penalty Applied if Lift Completed After 4:00	4 POINTS = 145+ ♀ / 205+ ♂ 3 POINTS = 125–144 ♀ / 165–204 ♂ 2 POINTS = 105–124 ♀ / 135–164 ♂ 1 POINT = 85–104 ♀ / 115–134 ♂



NOTES:

All tests are 4:00 max effort.

A 25% load penalty is applied if the lift is completed after 4:00.

TCSC NEXTGEN

TCSC NEXTGEN: GYMNASTIC CAPACITY + SKILL TEST

TIER	TEST DESCRIPTION	SCORING	POINTS FOR LEVEL
TIER I	5:00 CLOCK 0:00–1:00 MAX Wall Walks to 30" 1:00–2:00 REST 2:00–3:00 MAX Hops Over DB 3:00–4:00 REST 4:00–5:00 MAX Bar Hang (Seconds)	TOTAL POINTS: 1rep Wall Walk = 20pts 1rep DB Hops = 1pt 1sec Bar Hang = 1pt	4 POINTS = 325+ 3 POINTS = 275–324 2 POINTS = 200–274 1 POINT = 100–199
TIER II	5:00 CLOCK 0:00–1:00 MAX Wall Walks to 10" 1:00–2:00 REST 2:00–3:00 MAX Single Unders 3:00–4:00 REST 4:00–5:00 MAX Toes to Bar	TOTAL POINTS: 1rep Wall Walk = 20pts 1rep Single Under = 1pt 1rep Toes to Bar = 10pts	4 POINTS = 450+ 3 POINTS = 350–499 2 POINTS = 200–349 1 POINT = 100–199
TIER III	5:00 CLOCK 0:00–1:00 MAX Strict HSPU (1 Mat) 1:00–2:00 REST 2:00–3:00 MAX Double Unders 3:00–4:00 REST 4:00–5:00 MAX C2B Pull-Ups	TOTAL POINTS: 1 rep Strict HSPU = 15 pts 1 rep Double Under = 1 pt 1 rep C2B Pull-Up = 10 pts	4 POINTS = 550+ 3 POINTS = 350–549 2 POINTS = 200–349 1 POINT = 100–199
TIER IV	5:00 CLOCK 0:00–1:00 MAX Strict HSPU (Flat) 1:00–2:00 REST 2:00–3:00 MAX Double Unders 3:00–4:00 REST 4:00–5:00 MAX Bar Muscle-Ups	TOTAL POINTS: 1 rep Strict HSPU = 15 pts 1 rep Double Under = 1 pt 1 rep Bar Muscle-Up = 20 pts	4 POINTS = 700+ 3 POINTS = 550–699 2 POINTS = 350–549 1 POINT = 200–349

TCSC NEXTGEN

TCSC NEXTGEN: CHAMPIONSHIP BENCHMARK TEST

TIER	TEST DESCRIPTION	SCORING	POINTS FOR LEVEL
TIER I	N/A	N/A	N/A
TIER II	N/A	N/A	N/A
TIER III	FOR TIME 30 Cleans 30 Toes-to-Bar 30 Thrusters 10:00 TimeCap ♀ 55# ♂ 75#	TIME 4 Points = 3:30 or Less 3 Points = 3:31–5:00 2 Points = 5:01–7:00 1 Point = 70+ Reps by 10:00	4 POINTS = 3:30 or Less 3 POINTS = 3:31–5:00 2 POINTS = 5:01–7:00 1 POINT = 70+ Reps by 10:00
TIER IV	FOR TIME 30 Cleans 30 Toes-to-Bar 30 Thrusters 10:00 TimeCap ♀ 75# ♂ 115#	TIME 4 Points = 3:30 or Less 3 Points = 3:31–5:00 2 Points = 5:01–7:00 1 Point = 70+ Reps by 10:00	4 POINTS = 3:30 or Less 3 POINTS = 3:31–5:00 2 POINTS = 5:01–7:00 1 POINT = 70+ Reps by 10:00



NOTES:

Time stops when all 90 reps are completed or at the 10:00 time cap—whichever comes first.

TCSC NEXTGEN

TCSC NEXTGEN: ATHLETIC RACE TEST

TIER	TEST DESCRIPTION	SCORING	POINTS FOR LEVEL
TIER I	FOR TIME 100ft Shuttle Run 100ft Single DB Carry (20#) 50ft Walking Lunges 50ft Burpee Broad Jumps 5:00 TimeCap	TIME 4 Points = 1:59 or Less 3 Points = 2:00–3:00 2 Points = 3:01–4:00 1 Point = 4:01–5:00	4 POINTS = 1:59 or Less 3 POINTS = 2:00–3:00 2 POINTS = 3:01–4:00 1 POINT = 4:01–5:00
TIER II	FOR TIME 100ft Shuttle Run 100ft Single DB Carry (35#) 50ft Walking Lunges 50ft Handstand Walk OR (100ft Burpee Broad Jump) 5:00 TimeCap	TIME 4 Points = 1:59 or Less 3 Points = 2:00–3:00 2 Points = 3:01–4:00 1 Point = 4:01–5:00	4 POINTS = 1:59 or Less 3 POINTS = 2:00–3:00 2 POINTS = 3:01–4:00 1 POINT = 4:01–5:00
TIER III	FOR TIME 100ft Shuttle Run 100ft Double DB Carry (50#) 50ft Walking Lunges 50ft Handstand Walk OR (100ft Burpee Broad Jump) 5:00 TimeCap	TIME 4 Points = 1:59 or Less 3 Points = 2:00–3:00 2 Points = 3:01–4:00 1 Point = 4:01–5:00	4 POINTS = 1:59 or Less 3 POINTS = 2:00–3:00 2 POINTS = 3:01–4:00 1 POINT = 4:01–5:00
TIER IV	FOR TIME 100ft Shuttle Run 100ft Double DB Carry (70#) 50ft Walking Lunges 50ft Handstand Walk 5:00 TimeCap	TIME 4 Points = 1:59 or Less 3 Points = 2:00–3:00 2 Points = 3:01–4:00 1 Point = 4:01–5:00	4 POINTS = 1:59 or Less 3 POINTS = 2:00–3:00 2 POINTS = 3:01–4:00 1 POINT = 4:01–5:00



NOTES:

Time stops when all movements are completed or at the 5:00 time cap—whichever comes first.