



Ski NB/ACA Spring Fitness Testing

Registration link <https://go.teamsnap.com/forms/443987>

The spring session of the Alpine Canada Fitness Testing will take place at the Canadian Sport Institute Atlantic (CSIA) on the UNB Fredericton Campus on Sunday **May 10, 2025**. We are excited to provide this opportunity to our New Brunswick ski race athletes on a biannual basis as recommended by Alpine Canada. This will provide a national level fitness testing opportunity that will be utilized to understand each participant's strengths and weaknesses. It is intended to provide a measure of fitness progression over time, and guide your training. This should support improved performance in the 2025-2026 season while providing injury protection.

Concussion testing is completed once per year in the fall session and so will not be completed during this session.

The testing has been updated by Alpine Canada in 2022 and the new protocol will be used for this round of testing. The testing is very specific. You are encouraged to read through the protocol understand the tests, their order, and their importance and view each test through the videos available on YouTube. To prepare yourself for the testing please practice the tests, understand the goals for each test, and prepare yourself for the day.

Important sections to review:

- Fitness Combine document
English https://www.skinb.ca/wp-content/uploads/2025/05/Fitness-Combine-Final_ENv1_3.pdf
French https://www.skinb.ca/wp-content/uploads/2025/05/Fitness-Combine-FINAL_FRv1_3.pdf
- Page 8. The table provides the tests and the order. We will follow the U16 and U14 formats.
- Video links to each test are provided on pages 13, 15, 19, 21, 25, 26, and 32.
https://youtube.com/playlist?list=PLaj8qQJC3oifbJ_mDYgOns469eYRi7gEJ&si=kN_3UKvQp4vNjyML

In the past, the testing is completed in waves based on athlete age. Typically the first wave has commenced at 8:30 a.m. with registration and warm-up. Fitness testing at 9:00. Testing takes 2 hours. The next waves will follow.

Please bring water and nutrition and appropriate clothing.

The fitness testing is a closed environment. Athletes undergoing testing and testing staff will be present in the gym to optimize performance and safety. Parents and athletes not undergoing testing cannot be permitted in the testing area.

Following the testing the results will be tabulated and feedback will be provided to the athletes. You will receive a result for each test and this result will be scored based on the expectations for your age and gender. The score will also be able to be compared to your peers and it is hoped that we will be able to provide comparison to national standards as well.

In addition to the new fitness testing protocol, ACA has added an athlete database. Enrolment in the database allows for national and provincial ranking, test-to-test results reporting, feedback to athlete and coach and parents, and additional important ski racing related information. ACA will be provided with our SkiNB athlete results. Your enrolment provides the opportunity to receive a formal ACA report regarding your results.

Testing is lead by a Strength and Conditioning Coach from CSIA. Ski NB would like to thank CSIA for their support in keeping costs low and bringing great sport specific expertise to the group.

The Google Map link to the testing location at the on the UNB campus is below, 90 McKay Drive.

<https://maps.app.goo.gl/RbaWmaVDV3izsmiU9>

We look forward to working with you on **May 10th**. Best of luck.

Sincerely,

SkiNB ACA Fitness Testing Committee