



Dear Athlete:

Thank you for registering for the Alpine Canada Fitness Testing which will take place at the Canadian Sport Centre Atlantic on the UNB Fredericton Campus.

Please review the “ACA Fitness Combine” paper to understand the tests, their order, and their importance.

Important sections to review:

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.

We look forward to working with you. Best of luck.

Sincerely,

SkiNB ACA Fitness Testing Committee

Michele Legere
Neil Manson
Kay Mills