



Test Foundation Funding 2018-2019

Dear Athlete:

Thank you for registering for the fall session of the Alpine Canada Fitness Testing which will take place at the Canadian Sport Centre Atlantic on the UNB Fredericton Campus on Saturday **May 27, 2023**. 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 2023-2024 season while providing injury protection.

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 and to view each test through the videos available on YouTube. Prepare yourself for the testing. Please practice the tests, understand the goals for each test, and prepare yourself for the day.

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

The day has commenced at 9:30 a.m. with registration and warm-up. Fitness testing at 10:00. Testing takes 1.5 hours.

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.

As in past years, ACA will be provided with our SkiNB athlete results. Your enrolment provides the opportunity to receive a formal ACA report regarding your results.

I believe this is a great opportunity. I would encourage everyone's participation.

Testing is lead by Ken Morrison, Regional Sports and Conditioning Coach, Canadian Sports Centre Atlantic. We acknowledge our previous sponsors for their support in keeping costs low and bringing great sport specific expertise to the group.

Please be aware of the location for the Canadian Sports Centre Atlantic in the Currie Centre on the UNB campus. Location details are available on the website.

We look forward to working with you on **May 27th**. Best of luck.

Sincerely,

SkiNB ACA Fitness Testing Committee

Michele Legere
Neil Manson