



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 Sunday **October 20, 2024**. 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 2024-2025 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 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  
[https://ltad.alpinecanada.org/uploads/documents/Fitness\\_Combine\\_Final\\_ENv1.1.pdf](https://ltad.alpinecanada.org/uploads/documents/Fitness_Combine_Final_ENv1.1.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](https://youtube.com/playlist?list=PLaj8qQJC3oifbJ_mDYgOns469eYRi7gEJ&si=kN_3UKvQp4vNjyML)

In addition to the Alpine Canada Fitness Testing, we will also complete concussion management testing utilizing Concussion Vital Signs. The purpose is to obtain baseline neurocognitive function information for each athlete. This information can be valuable to the clinician to facilitate concussion care, should one occur through the season.

Again, the testing protocol is very specific. It is computer based and will be completed on-line with expert oversight. The session will begin with an educational presentation followed by the formal testing. In addition to securing the baseline information, it is hoped that the learning opportunity is helpful and questions can be addressed.

In the past, the day has commenced at 8:30 a.m. with registration and warm-up. Fitness testing at 9:00. Concussion education and baseline testing at 11:00 a.m. Testing takes 3.5 hours for both concussion and fitness components and 2 hours for fitness testing only.

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.

Testing is lead by Yousef Khandan, Regional Strength and Conditioning Coach, Canadian Sport Institute Atlantic. Concussion management testing will be led by Gillian Gilmore, Physiotherapist, Ken-Val Rehab and Sports Injury Centre. We thank CSIA and Ken-Val Rehab for 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 **October 20<sup>th</sup>**. Best of luck.

Sincerely,

SkiNB ACA Fitness Testing Committee

Michele Leger  
Neil Manson