



Alpine Canada Alpin Fitness Combine FAQ Clubs/Provinces/Territories

Ski racing is a complex, skill-based sport requiring a high level of physical fitness to maintain good ski racing technique from start to finish. In addition, ski racing, unlike many other sports, is unique in the type and degree of force it places on the body. As a result, a ski racer's fitness level can either support or inhibit technical skill development by directly influencing their ability to tolerate the training volumes required across different stages of a ski racer's development.

What is the ACA Fitness Combine?

The Alpine Canada Alpin (ACA) Fitness Combine is a national fitness initiative launched in the fall of 2022 as part of the ACA Excel program. The ACA Fitness Combine is a standardized national physical fitness evaluation tool that brings a competitive aspect to a fitness evaluation. It enables ski racers to rank their performance individually, within their club, Province/Territory, and nationally based on their performance.

ACA strongly believes that fitness is a worthwhile investment. Elevating fitness in Canadian ski racers is foundational to achieving success with Canada's strategic goal to become a leading ski racing nation.

What are some of the benefits of the ACA Fitness Combine?

- Creates a culture that celebrates physical fitness training within the club while connecting club-level ski racers to Provincial and national team ski racers.
- Ski racers and coaches gain access to globally researched normative fitness data by being part of this nationally led fitness initiative. Additionally, ski racers and coaches can compare and evaluate fitness levels with ski racers of the same age and gender domestically and internationally.
- Each ski racer who participates receives a personal fitness report card with their results from the ACA Fitness Combine outlining strengths and areas of opportunity which coaches are encouraged to use to create individual training programs.
- An investment in fitness will allow ski racers to train longer, at higher quality, and can assist in reducing the risk of injury.



Who can host an ACA Fitness Combine?

Any ACA-registered club, Province, and Territory can run an ACA Fitness Combine locally for ACA-registered participants.

When should a club or PTSO host an ACA Fitness Combine?

The ACA Fitness Combine should be run twice before the start of ski season. In addition, the ACA Fitness Combine should occur before undertaking a pre-season dryland program to provide a baseline and serve as a reference point for further fitness evaluations.

How can a club or PTSO access the resource material and scoring platform?

All the resource materials including information related to registration, operation and results reporting can be found on the ACA LTAD site underneath the ACA Fitness Combine heading at this link: <https://ltad.alpinecanada.org/page/aca-fitness-combine>

Community Engagement Opportunity

Clubs, Provinces, and Territories are encouraged to utilize the ACA Fitness Combine to capitalize on the motivation factors built within the ACA Fitness Combine, including the point system, which enables clubs, Provinces, and Territories to award and publicly acknowledge record-breaking efforts at every level to drive positive momentum within clubs, Provinces, and Territories around being physically fit for ski racing.

