

Age Group

U21



Sex

Male

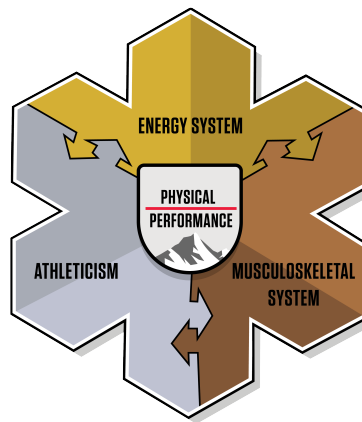


Athlete

Sample Athlete



# ACA FITNESS COMBINE RESULTS REPORT



### How does fitness relate to ski racing?

A strong fitness foundation is crucial for ski racing performance. The fitter an athlete is, the better they can perform, as ski racing demands all-around athleticism. This is why the ACA Fitness Combine is so comprehensive.

Good fitness allows athletes to spend more time on the slopes, improving their technical and tactical ski racing skills. Poor fitness can limit the number of quality training runs, reducing skill development opportunities. Without proper fitness, on-snow training and competing at a high level while executing clean skiing lines effectively becomes difficult.

Since ski racing is high-risk, reducing injury through fitness is essential for a long career. Being fit minimizes injury risks and supports peak performance.

### Ski racing requires a blend of physical attributes:

- **Strength Endurance & Power:** Racing lasts 40-120 seconds, demanding power and to withstand G-forces up to 2.4 - 3x body weight
- **Core Strength:** To maintain stability and resist rotational forces.
- **Agility:** To change direction quickly.
- **Mobility (Flexibility):** To prevent injuries and adapt to the sport's demands.
- **Energy Systems:**
  - **Anaerobic Power:** Supports maximum effort in each run.
  - **Anaerobic Capacity:** Allows for repeated high-effort runs.
  - **Aerobic Power:** Aids in recovery between runs.
  - **Aerobic Capacity (Endurance):** Supports day-to-day recovery during long events or training camps.

### Why do we evaluate?

The ACA Fitness Combine evaluates your fitness against performance standards. It helps athletes find their starting point and allows coaches to create personalized plans to improve fitness and overall well-being.

How to interpret your results:

The initial results are a baseline—focus on improving over time through strength training and conditioning. Periodically reassess to track progress.

### Fitness benchmarks are colour-coded by age group and gender:

- **Gold:** Excellent
- **Silver:** Good
- **Bronze:** Average
- **Red:** Development Opportunity

To learn more about physical fitness in ski racing, visit: <https://ltad.alpinecanada.org/page/aca-fitness-combine>



Athlete:

Sample  
Athlete

Ski Club

Provincial  
TeamProvince & Age  
Category

CANADA - U21

Returning to Sport?

No

Estimated

VO2  
Max  
63.0

Max

HR  
AIS 20m  
Shuttle  
(Beep)No  
data

## ★ ACA Fitness Combine Overall Results



Note: The leaderboard rankings will be updated in real-time and will reflect the athlete's current ranking on that day.

ACA will provide an updated report showing the athlete's rankings at the end of the season (April) and again after the fall combine season (December) to the provincial offices for distribution to clubs and coaches.

Combine Date

01 Nov 2023

★ Overall Combine Score

1,256

🏆 National Leaderboard Ranking

1

🏆 National Percentile Ranking

100

★ Provincial Leaderboard Ranking

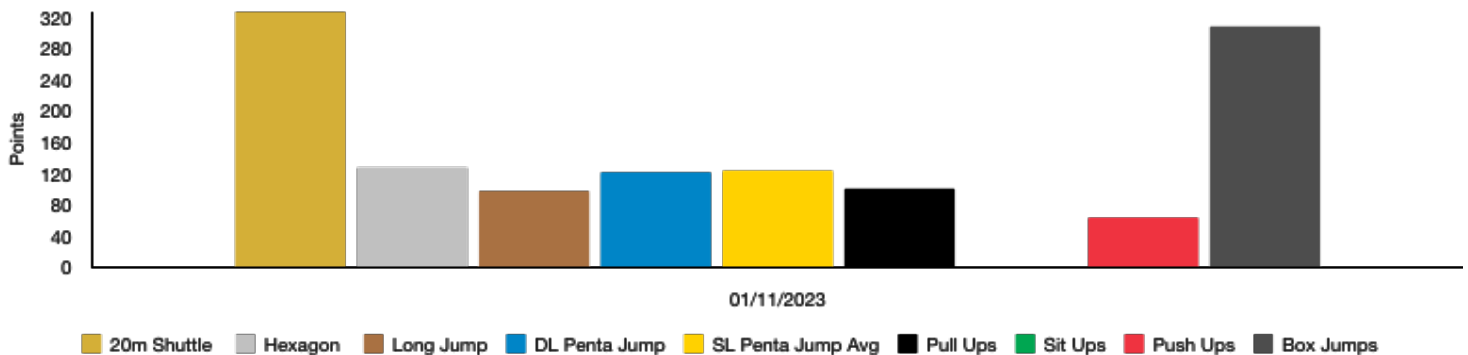
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★ Provincial Percentile Ranking

100

## Field Testing - Points Earned

Previous results will only display if the athlete has more than one record.





EVALUATION	CURRENT SCORE	PREVIOUS SCORE	PERSONAL BEST	PERFORMANCE STATUS
20m Shuttle (Beep Test)	14,7 (Level, Shuttle)	14,7 (Level, Shuttle)	63.0	Stable
Hexagonal Obstacle	18.15 (s)	18.15 (s)	18.15	Stable
Standing Long Jump	3.16 (m)	3.16 (m)	3.16	Stable
Double Leg Penta Jump	15.87 (m)	15.87 (m)	15.87	Stable
Single Leg Penta Jump Avg.	13.81 (m)	13.81 (m)	13.81	Stable
Push Ups	29 reps	29 reps	29	Stable
Pull Ups/Flexed Arm Hang	15 reps	15 reps	15 reps	Stable
Sit Ups/ Brutal Bench	No data	No data	No data	NA
Box Jump	105 jumps	105 jumps	105	Stable

Single Leg Penta Jump Analysis (SLPJ)



Single Leg Penta Jump Avg. (m) 13.8	SLPJ Right (m) 14.0	SLPJ Left (m) 13.6
Asymmetry % 2.9	Asymmetry % Status Stable	

## ACA Fitness Combine Result Summary



Evaluation	Score	Combine Points Earned	Provincial Percentile Rank	National Percentile Rank
20m Shuttle (Beep Test)	14,7 (Level, Shuttle)	325	100	100
Hexagonal Obstacle	18.15 (s)	126	100	100
Standing Long Jump	3.16 (m)	96	100	86
Double Leg Penta Jump	15.87 (m)	120	100	100
Single Leg Penta Jump	13.81 (m)	122	100	93
Push Ups	29 reps	62	0	36
Pull Ups/Flexed Arm Hang	15 reps	99	100	64
Sit Ups/ Brutal Bench	No data	No data	No data	No data
Box Jump	105 jumps	306	100	94

## ACA Fitness Combine Overall Results



Combine Date  
01 Nov 2023

Overall Combine Score  
1,256

National Leaderboard Ranking  
1

National Percentile Ranking  
100

Provincial Leaderboard Ranking  
1

Provincial Percentile Ranking  
100