

Age Group

U18



Sex

Female/Male



Athlete

Sample Athlete



ACA FITNESS COMBINE RESULTS REPORT



Purposeful training and competition performance in ski racing all rely on a solid physical fitness foundation. Like all sports, the fitter you are, the relatively better you can perform. Ski racers are required to be great all-around athletes due to the sport's demands, which is why the ACA Fitness Combine is comprehensive.

Being fit supports an athlete's ability to spend more time on snow to acquire the foundational ski racing technical and tactical skills. A lack of fitness can impact the number of high-quality training runs an athlete can complete per ski session, reducing the opportunity for technical and tactical skiing skill development. Without fitness, training and competition days at a high level of performance with a high level of execution (high quality) are challenging. Athletes with low overall fitness will find it challenging to execute and cleanly ski the line they inspected.

Ski racing is a high-risk sport. Reducing the risk of injury in areas under the control of the individual athlete is essential to sustaining a longer ski racing career. An excellent way to reflect on "why we train"; is that being fit reduces the risk of injury and supports your ability to execute performance on demand.

How does fitness relate to ski racing?

Ski racing is a complex, skill-based sport requiring you to have and maintain good overall fitness.

- Ski racing is a **Power** sport that lasts 40-120 seconds.
- Ski racing requires lower body **Strength** to resist forces throughout the turn. G-forces can be upwards of 2.4 to 3 times your body weight!
- Ski racing requires **Core Strength** to resist rotational forces and maintain upper-body stability.
- Having **Agility (Speed)** enables you to have the ability to change direction quickly and on demand.
- Being **Mobile (Flexible)** helps with injury prevention and ensures the body can freely move and adapt to changing conditions and demands.
- **Energy Systems** fuel the engine (muscles) to make it all happen.
 - **Anaerobic Power** used in training/race runs at 100% capacity.
 - **Anaerobic Capacity** allows for Quality repeated runs at 100% capacity.
 - **Aerobic Power** supports quality and enables athletes to recover run-to-run
 - **Aerobic Capacity (Endurance)** supports recovery day-to-day, lengthy race series, or training camps.

Why do we evaluate?

The ACA Fitness combine is an opportunity to evaluate and confirm your fitness. The benchmarks contained within the ACA Fitness Combine are challenging. However, participation in the ACA Fitness Combine enables athletes to find their starting line. Additionally, coaches are encouraged to review ACA Fitness Combine results with their athletes individually.

Coaches can use your ACA Fitness Combine results to create and implement an individual path forward that enables you to improve your fitness to support your athletic endeavours as a ski racer and develop overall health & well-being.

How to interpret your results

Remember that finding out your results the first time you complete the ACA Fitness Combine isn't as important as using this as a starting point and working to improve your scores with strength training and conditioning routines. Then, repeat these fitness evaluations periodically to see how you've progressed.

All the benchmarks for the different age groups and genders have been colour coded.

- **Green** - Target
- **Gold** - Good
- **Red** - Needs Training

If you have completed an evaluation that is not included in the protocol for your age group (i.e., sit-ups in place of the brutal bench), the performance benchmarks, combined points, and rankings will not be included in your overall score.

To find out more about the role of physical fitness in ski racing, follow this link: <https://ltad.alpinecanada.org/athletes/physical-fitness>

To review the ACA Fitness Combine protocol, follow this link: <https://ltad.alpinecanada.org/page/aca-fitness-combine>

Athlete Statistics

Athlete:

Sample Athlete



Province & Age Category

AB - U18

Ski Club

Ski Club X

Returning to Sport?

No

Estimated VO2 Max

44.0



Max HR
AIS 20m Shuttle (Beep)

194

Squat Technique
Clear

Deadlift
Technique
Clear

ACA Fitness Combine Overall Results

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

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

Combine Date

30 Oct 2022

Overall Combine Score

664

National Leaderboard Ranking

1

National Percentile Ranking

100

Provincial Leaderboard Ranking

1

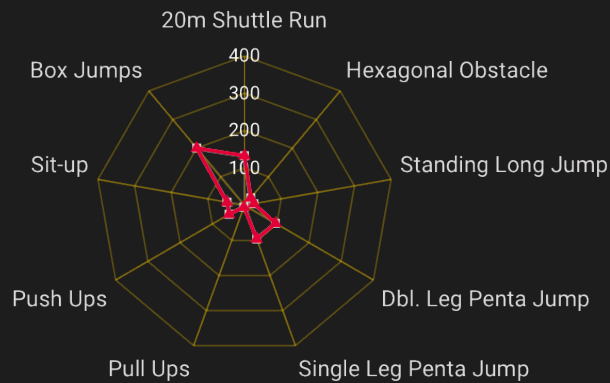
Provincial Percentile Ranking

100

Field Testing Results - Points Earned

Previous results will only show if an athlete has more than one combine result

- Most Recent Results
- Previous Result



ACA Fitness Combine Field Test Performance

If the athlete did not complete a portion of the combine the results, 'no data' will be displayed. Individual 'performance status' for each evaluation is calculated in the last column which displays significant differences in performance as increasing, remaining stable or decreasing each time an athlete completes the combine event. If an athlete has completed only one combine event, the performance status will show stable. If an evaluation is completed that is not included in the ACA Fitness Combine protocol for an athletes age group, points will not be awarded or calculated, i.e., substitution of sit-ups for brutal bench. Combine points and benchmarking are not available for the flexed arm hang, just the pull-ups.

Evaluation	Current Result	Last Result	Personal Best	Performance
20m Shuttle (Beep Test)	9,3 (Level, Shuttle)	9,3 (Level, Shuttle)	9,3 (Level, Shuttle)	Stable
Hexagonal Obstacle	22.88 (s)	22.88 (s)	22.88	Stable
Standing Long Jump	2.15 (m)	2.15 (m)	2.15	Stable
Double Leg Penta Jump	12.09 (m)	12.09 (m)	12.09	Stable
Single Leg Penta Jump Avg.	10.71 (m)	10.71 (m)	10.71	Stable
Push Ups	22 reps	22 reps	22	Stable
Pull Ups/Flexed Arm Hang	3 reps	3 reps	3 reps	Stable
Sit Ups/ Brutal Bench	56 reps	56 reps	56 reps	Stable
Box Jump	75 jumps	75 jumps	75 jumps	Stable

Single Leg Penta Jump Analysis (SLPJ)

Single Leg Penta Jump Avg. (m) 10.7	SLPJ Right (m) 11.1	SLPJ Left (m) 10.3
Asymmetry % 6.9	Asymmetry % Status Stable	

🏆 ACA Fitness Combine Result Summary

If the athlete did not complete a portion of the combine the results, 'no data' will be displayed for the raw score, combine points, provincial and national ranking. If an athlete completed a combine event not included in the protocol for their age group, the national and provincial rankings will show no data.

Evaluation	Score	Combine Points Earned	Provincial Percentile Rank	National Percentile Rank
20m Shuttle (Beep Test)	9,3 (Level, Shuttle)	133	80	80
Hexagonal Obstacle	22.88 (s)	26	100	100
Standing Long Jump	2.15 (m)	60	80	80
Double Leg Penta Jump	12.09 (m)	96	100	100
Single Leg Penta Jump	10.71 (m)	96	100	100
Push Ups	22 reps	48	40	40
Pull Ups/Flexed Arm Hang	3 reps	5	80	80
Sit Ups/ Brutal Bench	56 reps	No data	No data	No data
Box Jump	75 jumps	200	100	100

★ ACA Fitness Combine Overall Results

📅 Combine Date 30 Oct 2022	📊 Overall Combine Score 664	🏆 National Leaderboard Ranking 1
🏆 National Percentile Ranking 100	📊 Provincial Leaderboard Ranking 1	📊 Provincial Percentile Ranking 100