



Athletic Capacity Selection Camp

Dear Skier,

Congratulations. You have been successful in meeting the BSS pathway demands. Under the new selection process you are now invited to take part in Stage 2 of the process the Athletic Capacity Evaluation (see below for guidance videos).

For those skiers who are unable to attend due to living in Europe or the US we have designed the Athletic Capacity Evaluations (ACE) so that they may be completed in your own environment. The evaluations need to be filmed and posted to the BSS office by e-mailing them to sophie.morrison@teambss.org.uk by the 5th May 2013.

The aim of these evaluations is to assess your athletic prowess to establish your all-round physical ability. This is not a set of fitness or strength tests. Some of you will be invited to more advance physiological assessments run by the Scotland Institute of Sport (SIS).

Once, the ACE has been completed the standards you achieve will be combined with your Tracker results to provide a more complete picture of your ability. The selection committee will announce the final selections by the 10th of May 2013.

Good luck and congratulations on making it to this stage. See you at the ACE.

Athletic Capacity Evaluation (ACE), 28th April

- Venue – Sir Tom Finney Sports Centre, UCLAN, Preston - PR1 2HE - 01772 895400
- Time – 1400 - 1600
- Date – 28th April 2013
- Costs – BSS are subsidising the event. However, to meet the costs we have to make a £10 charge for the day. Please bring cheque or cash to the event.

Staff

The testing itself will be run by the UCLAN staff; however BSS will be represented by Performance Director Paddy Mortimer and a female BSS member of staff on the day.

Please arrive in time to be ready for a prompt start at 1100hrs/1330hrs. If parents wish to stay for the duration of the ACE there is an area with comfortable chairs that can be used. Please note we ask parents and coaches not to make contact with athletes during the 2 hour evaluation as this can unsettle their own children or other athletes. Parents and coaches must not enter the changing rooms or take videos or photographs. There is no food available at the venue and athletes should bring their own. Vending machines are available serving hot and cold drinks.

The 7 evaluations are;

All evaluations must be filmed to maintain validity across testing environments.

- 1) Under grip Marine style chins (www.youtube.com/watch?v=NEgl2nYsseY).
Change to under grip and use a chin bar.
Pause at the top and bottom for a count of 3.
Count until knee bend or a break ramrod position.
No swinging.

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- 2) Marching Super man (www.youtube.com/watch?v=c_C4KabtWxE) time code 1.05 – 1.30.
Looking at the video you will see the movements completed slowly. Please make a count of 3 at the top of each movement. Continually repeat until loss of form (back posture) or fall over.
Count how many complete movements you make where a complete movement is 1 leg and arm lift.
- 3) The Illinois agility test (www.youtube.com/watch?v=u6emyuz76Uk).
Build the course and hand time the 10m acceleration phase (start to first turn, breaking the line at 10m) and the last 10m phase to finish.

Record the 10m times and the total time to complete.

- 4) X-Over hop test (www.youtube.com/watch?v=iNzGCet0LI0 – time code 1:07),
There is no need for a carpet. The central line needs to be 300mm outside edge to outside edge. You must complete 4 separate hop tests, 2 from the left and 2 from the right, starting with either your left or your right foot.

Therefore, standing to the right side of the central line on your right foot, hop across the central line, landing on your right foot on the left side, repeat the hop to the right side and finally back to the left side, 4 hops in total. The video has 3 we wish for 4. Measure the distance covered. If you over balance or touch the floor it's a no jump. Repeat on the same side with you left foot and measure. Then swap sides and repeat right and left foot and measure.

Measure the total distance covered of each foot. Therefore you should have 4 measurements.

- 5) 150 Decrement running test (www.youtube.com/watch?v=RK-l7xeRGjw).
The hardest of the evaluations and you must have a thorough warm-up. If you are carrying a niggle/injury do not do this evaluation.

The video shows the protocol to use but we would like make some slight changes.

- a) As we are working in metres we would like the distance to be 25 metres (5 x 5m).
- b) To start on your chest.
- c) You have 30 seconds to shuttle 5 and back, 10 and back, 15 and back, 20 and back, 25 and back. Once you have completed 30 seconds work you have 30 seconds rest.
Replace the markers (cans or bean bags) and repeat the drill.
- d) Complete 6 trails
- e) For each trial record the total distance completed (no half measures only completed lines).
- f) You should have scores for 6 individual trials and 1 complete score.

Form the pick-up use full coke cans or bean bags. Only count the completed distance of every 5 metres, no half distances (as these are filmed we will check the scores). No film no score.



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- 6) 10m acceleration assessment
Use timing gates within the Illinois evaluation. First 10m and finish 10m, need to indicate whether hand held timing or gates have been used. Must be filmed.
- 7) Sargent Jump (www.youtube.com/watch?NR=1&v=DYdtUS2Tkfw&feature=endscreen).
Measure your reach when standing. Dip your fingers in chalk to be able to mark and jump as high as you can. Record the difference between the reach and the jump