

U16/18 Athletic Capacity Selection Camp

Dear Skier,

Congratulations. You have been successful in achieving the required standard at the British Alpine Championships as a 97, 98 or 99 year of birth. In the 96 yob category you have been successful in achieving the required target set out by the Athlete Tracker. 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).

The selection committee have included as many 98/99's as is practicable in order that the skiers are given the opportunity to take part in the ACE and receive feedback and, where necessary, areas to work on. It should be noted that the final U16 team selected and put forward to International FIS races will be considerably less than is published.

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 lucy.allman@teambss.org.uk by the 28th of April 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.

Once the ACE has been completed the standards you achieve will be combined with your race results to provide a more complete picture of your ability. The selection committee will then consider all the information available and select a final squad, which will be announced by the 1st of May 2013.

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

ACE

Venue – Sir Tom Finney Sports Centre, UCLAN, Preston - PR1 2HE - 01772 895400

Time – U16's 1100 -1300 and U18 1330 - 1530

Date – 28th April 2013

Notes – there will be no food available to buy so please bring enough for the day.

Costs – BSS are subsidising the event. However, to meet the costs we have to make a £10 charge for the day.

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.
- 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

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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 your 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.

- As we are working in metres we would like the distance to be 25 metres (5 x 5m).
- To start on your chest.
- 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. Ask someone to replace the markers (cans or bean bags) and repeat the drill.
- Complete 6 trails.
- For each trial record the total distance completed (no half measures only completed lines).
- 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.

- 6) 10m acceleration assessment



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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=DYdtUS2Tkbw&feature=endscreen). Measure your reach when standing. Dip your fingers in chalk to be able to mark and jump.

Please contact the office to confirm your attendance along with your full contact details; email, home telephone, mobile telephone and home address. Please send this to lucy.allman@teambss.org.uk as soon as possible.