



NHARA Camp Review

Project: Yob 06-07-08 Fitness Test
Location: Cardigan Mountain School, Canaan, NH
Date: Sunday, November 10, 2019
Organizers: Fred Turton, NHARA Youth Education Coordinator
Julia Ford, Director of Alpine Skiing, Cardigan Mountain School
Venue Connection: Travis Nevins, Head Alpine Coach, Cardigan Mountain School

Testing Staff:

CMS	Doug Clark
CMS	Julia Ford
CMS	Alex Grey
CMS	Travis Nevins
FS	Matt Purcell
FS	Tobi Reiss
NH	Fred Turton
PATS	Brad Moore

Documents: Invitation
(see attached) Participation Roster
Results – No Personal Data (Scores Only)

Weather: N/A.
Visibility: Excellent.
Snow: N/A.
Slope: Full size Gymnasium. Excellent traditional surface.
Protection: N/A.
Safety: No issues.
Attendance: 20 participants. 20 registered. 3 DNS. 3 adds from CMS.

Injuries: None.

Disciplinary Issues: None.

Program Schedule: Good. 8:00a- staff arrivals began. 9a- set up completed. Athlete vitals recorded (Ht/Wt) upon their arrival. 9:15- Intros/athlete/parent information. 9:30- warm up. 9:50- testing began. 11:10- testing completed. Athletes released to parents and lunch at 11:25. 11a- Target time for athlete release. Next time, please include post-camp de brief for/with staff.

Equipment / Set up: Wired timing for the 20m dash. Audio for 3 sec “down-up!” cadence controlled by Android. Beep Test audio by Android Bluetooth to UE Boom. Clipboards, measuring tapes, cones, marking tape, timing, timing stanchions, provided by CMS. Score sheets, rosters, clerical, hurdles, scales, by NHARA. Set up was easy, accurate to specifications.

Camp Content: “US Ski & Snowboard Skills Quest – Fitness” Manual. (Version: Unknown. Cover page: Shiffrin, wearing bib 4) Warm up and seven (7) tests as outlined. Order of test modified based on which station rotation each group was on. For this age group, adding a flexibility test(s) feels correct. The most difficult test for this group? One legged squats. US Ski & Snowboard missed an opportunity, not providing in-person training of coaches, when they conducted numerous U16> SQ tests throughout the East this fall. The coaches want to be fair, consistent. Results are meaningless if technique targets are not clearly administered.

Fitness Level Observation: Varied. Many had never attempted one or more of the tests. A few showed very good fitness. It appears most are not being challenged in their weekly activities to achieve appropriate standards. Many are clearly getting less than 7 hrs of engaged activity per week. Physical appearance indicates many would benefit from nutritional awareness and changing of food habits.

Looking Ahead: More emphasis needs to be placed on well rounded fitness activities for children of this age. Within the club programs? When? How not to conflict with possessive soccer coaches? How to expand the spectrum of activities this age group is engaged in? Dance? Mtn hiking? Martial arts? Racket sports? Multi-sport all around youngsters. If we are not providing this from our clubs, are the clubs prepared to guide the parents to quality off-snow programs?

Comments: We are very proud of the athletes who participated! Good effort! It’s appropriate to engage a conversation with our NHARA youth coaches to consider athlete fitness levels when selecting for out of division projects next season. Is fitness important? No question.

Thank you to Julia for welcoming this camp to Cardigan Mountain School. Great vibe, super facility, supportive staff. Good event. We look forward to being welcomed back! Yep, their Sunday breakfast buffet rocks!

My apologies for not getting a group picture. Doh!



Skills Quest Fitness, A Conditioning Assessment

Sunday, November 10, 2019

9:15 am

Marrion Athletic Center

Cardigan Mountain School, Canaan, NH

<https://www.cardigan.org/about/campus-map>

For Boys and Girls Born in 2006 - 2007 - 2008

Must be current members of NHARA & US Ski and Snowboard to Attend

\$5.00 Registration, Includes Lunch

To Register: <https://www.skireg.com/skills-quest-fitness-test-nhara-youth>

Laced Court Shoes Only. Indoor Gym attire. Water bottle.

Brought to you by: NH Alpine Racing Association (NHARA)

A US Ski & Snowboard Program

The development of general physical fitness is a necessary component for elite ski racing athletes. Establishing efficient fundamental movement patterns, learning motor control in a variety of situations and positions, and developing general strength, power and capacity is critical for young skiers and snowboarders. These variables can contribute directly to long-term sporting success, and the assessment and quantification of these qualities by using SkillsQuest-Fitness can help to identify potential performance deficits, as well as track long term performance trends. As US Ski & Snowboard builds normative data for each gender and phase of development, SkillsQuest-Fitness will help to identify target areas for later success and development as elite athletes.

A coach can use the data gathered from SkillsQuest-Fitness to more accurately determine an athlete's "starting point" along the developmental continuum and track subsequent progress through re-evaluation. This will allow the construction of an appropriate training program that matches the needs of the athlete, both in the context of their sport or event as well as within the athlete's capabilities.

Participant Roster
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 11.10.19
 Cardigan Mountain School

First	Last	Gen	YoB	Team
Virginia	Adams	F	06	FS
Jake	Bates	M	06	PATS
Travis	Garside	M	06	PATS
Adam	Goodney	M	06	FS
Wilson	Knapp	M	06	CMS
Charlotte	Lehr	F	06	GSC
Sebastian	Madan	M	06	CMS
Conrad	Mollano	M	06	PATS
Nicholas	Reiss	M	06	FS
Kayla	Sisson	F	06	PATS
Zachary	Tracy	M	06	FS
Leah	Wareing	F	06	GSC
Harrison	Wilson	M	06	PATS
Sam	Ames	M	07	FS
Tanner	Heatherington	M	07	CMS
Kate	Ricotta	F	07	BBTS
Aura	Wieser	F	07	FSC
Ben	Ames	M	08	FS
Caiyu	Demaggio	M	08	BW
Beckett	Lehr	M	08	GSC

Results
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Beep Test	20m Dash	Long Jump	Push Ups	Hurdle Jumps	One Leg Squat L	One Leg Squat R	Pull Ups	Hold Ups
7.4	3.37	74	20	44	3	0	5	
6.5	3.26	78	13	51	1	4	5	
8.3	3.42	75	24	46	10	8	1	
8.2	3.42	69	12	44	10	15	7	
5.3	3.64	65	14	45	1	8		9.46
8.3	3.25	76	18	56	13	0	7	
9.9	3.3	64	10	47	15	15	5	
8.1	3.47	67	20	40	2	0	1	
8.8	3.33	67	19	31	6	8	1	
4.2	3.68	64	4	32	10	1		1.2
4.2	3.45	65.5	6	44	1	1		0.51
5.6	3.53	65	10	40	10	2		7.9
DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS
5.3	3.4	64.5	18	38	5	8		0.79
8.2	3.22	78.5	13	55	4	15	2	
DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS
5.6	3.32	72	10	46	2	2	3	
DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS
6.2	3.56	67	14	41	12	14		3.35
6.2	3.49	69	14	39	2	0		1.3
5.3	3.85	63	4	30	nt	3		0.78
7.4	3.44	64	12	39	1	2	3	
9.6	3.13	78.5	20	51	14	11	4	