



**SKI &
SNOWBOARD**
SkillsQuest - Fitness

Ages 10 and Up

Introduction

The development of general physical fitness is a necessary component for elite ski and snowboard athletes. Establishing efficient fundamental movement patterns, learning motor control in a variety of situations and positions, and developing general strength, power, and capacity are critical psycho-physiological qualities. These capacities 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 U.S. Ski and Snowboard builds normative data for each gender, sport, and phase of development, SkillsQuest-Fitness will help to identify target areas for later development and success as elite athletes.

The U.S. Ski and Snowboard framework of athlete development focuses on the appropriate application of stage-specific variables through the developmental stages. The early focus in an athlete's career should be to build the fundamental qualities and skills that will be necessary for higher levels of ski and snowboard competition. Without adequate levels of general fitness and fundamental skills, later "sport-specialized" or "high-performance" training will be limited in effect, as there will be a limited foundation for progressing to any sports-specific training strategies.

The purpose of SkillsQuest-Fitness is to provide information for determining the current status of the ski or snowboard athlete across multiple physical domains –

- Aerobic capacity
- Anaerobic endurance
- Lower extremity strength, power and endurance
- Lower extremity balance and coordination
- Acceleration and speed
- Upper body strength, strength endurance and control relative to trunk and lower body

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

The effective administration of each test is detailed within this manual. A coach or administrator should consider the following when administering each test:

- Rationale
- Equipment needed (calibration and maintenance required for accuracy)
- Methodology/execution protocols
- Preparation (warm-up)
- Scoring
- Recovery time

Through the consistent administration of the tests and the consideration of their components, both validity and reliability of SkillsQuest-Fitness will be improved.

When implemented and interpreted correctly, SkillsQuest-Fitness will be an important part of the overall process of athlete development. By identifying an athlete's existing abilities in the following tests, the appropriate foundations can be built upon. This, in-turn, will promote greater effectiveness of the sport-specific and high-performance strategies to come, which will subsequently support and enhance performance throughout the athlete's career.

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Equipment List:

- Scale
- Flat non-slip surface, recommended minimum 30m long,
- Stack of cones (at minimum 4)
- Measuring tape
- Stopwatch and or timing system
- Audio device and speakers
- Pull-up bar
- 1 (or more) pair(s) of 6x18 inch hurdles
(6 inches high, 18 inches wide or 15x45 centimeters)
- 1 (or more) 30cm Box
- 1 (or more) 40cm Box

Anthropometry Data Collection

Anthropometry - (Height and Weight)

Rationale for Inclusion:

To monitor the timing and duration of important growth and maturation events that may influence training abilities.

Equipment:

- Measuring tape (use of stadiometer is encouraged if accessible)
- Scale
- Ruler

Calibration:

Follow the scale/stadiometer manufacturer's calibration protocols prior to use.

Methodology:

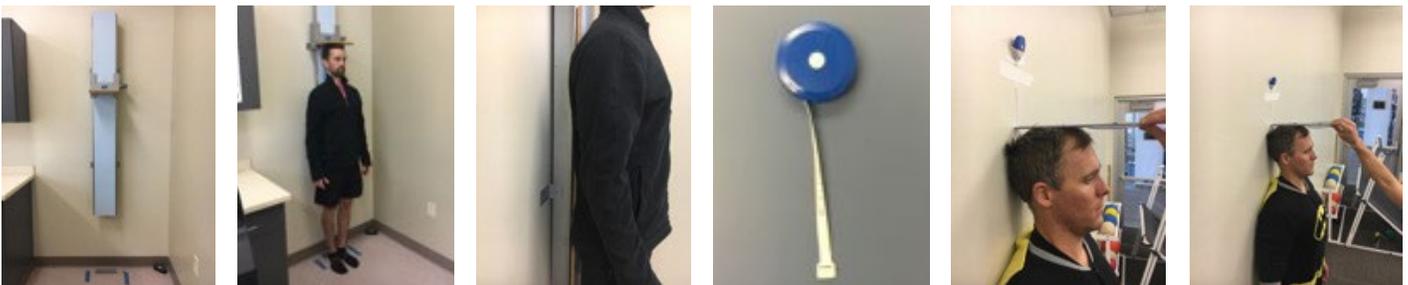
- Measurement should be taken prior to activity, before food ingestion and in the morning hours.

Height:

- Measuring tape is secured with the "0 cm" anchored to the floor and then fastened to the wall with the measurement values in ascending order.
- Athlete is instructed to stand with their back to the wall, with the feet together.
- Heels, butt and upper back should be in contact with the wall, head should remain in a neutral position.
- Height is measured with a ruler or flat object placed level on top of the athlete's head aligned with the corresponding mark on the measuring tape.
- Record height to nearest millimeter (e.g. 164.50 cm).

Weight:

- Scale is zeroed and calibrated following the manufacturer's guidelines.
- Athlete removes shoes, phone/accessories and any heavy clothing (shorts and t-shirt are preferred) before stepping on the scale.
- Observe and record the athlete's weight from the scale following the manufacturer's guidelines.
- Record weight to the nearest tenth of a kilogram (e.g. 65.5 kg).



SkillsQuest-Fitness General Warm-Up

Rationale for Inclusion:

To ensure consistency across the preparation of all athletes participating in SkillsQuest-Fitness, enhance subsequent test performances and limit the risk of injury to those athletes performing the tests.

Equipment:

Flat non-slip surface, (i.e. ground or flooring) recommended minimum 30m long, width of the area is determined by how many athletes are warming up at the same time. Use the same surface for testing if possible.

- Ensure athlete is wearing proper testing footwear (athletic shoes)
- Cyclical/low-impact cardiovascular training piece (stationary bike, rower, treadmill, track, gym, or turf-space)
- Four or more cones to mark off warm-up area
- Stopwatch

Methodology:

- Begin athlete preparation with general warm-up; 5-15 minute rest between tests is recommended.
- 1.) 5 minutes of low intensity active movement; walking, riding, rowing or other low-impact exercise
- 2.) Trunk Circuit:
 - o 30s Plank on forearms - isometric Hold
 - o 30s Lateral plank - isometric Hold - each side
 - o 30s Hip bridge - isometric Hold
- 3.) Dynamic Flexibility/Mobility:
 - o Deep forward lunge stretch - 4 each leg
 - o Hand walk/inch worm - 4 reps
 - o Lateral lunge stretch - 4 each leg
 - o Crossover lunge stretch - 4 each leg
 - o Standing leg cradle - 4 each leg
 - o Bear crawl forward and backward - 10m each
 - o Body weight deep squat - hands behind head - 8 reps
 - o Plank with shoulder tap - 8 reps each arm
- 4.) Movement Initiation:
 - o High knees march to run - forward - 10m
 - o High knees march to run - backward - 10m
 - o Lateral shuffle - high - 10m each way
 - o Lateral shuffle - low - 10m each way
 - o Grapevine - 10m each way
 - o Forward A-skip - 10m
 - o Forward B-skip - 10m
 - o Lateral A-skip - 10m each way
 - o Forward power skip - 20m

1. Australian Institute of Sport 20m Shuttle-Run

Rationale for Inclusion:

Measurement of aerobic capacity (13).

Equipment:

Flat non-slip surface (i.e. ground or floor), recommended minimum 30m long, surface width is determined by how many athletes are running at the same time. Use the same surface and environment for all tests if possible.

- Shuttle-run app or audio file
- Smart phone or MP3 player
- Speakers (loud enough to hear the audio for the full length of the test)
- Marker or tape to clearly mark the turning points
- Tape measure 20m or longer to determine the turning points

Calibration/Maintenance:

Follow the calibration instructions prior to every test and modify the running distance according to the table provided.

Test should be conducted on the same surface (ideally flat, non-slip) and in the same environment (ideally in climate controlled area) consistently, to ensure accurate comparisons between testing sessions.

Methodology:

Follow the audio directions for the correct protocol.

- Mark out two lines, 20m apart on a non-slip surface – preferably an indoor court surface.
- Check that the athlete has good footwear and that the surface/footwear is not excessively slick.
- The test starts with a countdown beep. The athlete runs along the 20m track and gets to the line in synchrony with the beep. The athlete then turns and runs back, getting back to the start line in synchrony with the next beep. The beeps get closer together as the test progresses, requiring the athlete to run faster. The test is a maximal test and the athlete is encouraged to run in time with the beeps for as long as possible.
- When the athlete can no longer keep in time with the beep and falls behind the beep by more than 1 meter, a verbal warning is given. If they do not make it back in time with the beep on the next lap, the athlete is asked to stop and the score for the stage/level is recorded. The score is the last level that the athlete successfully achieved in time with the beep.
- The athlete may miss the beep multiple times as long as they are back to the opposite line on the next beep. Missing two consecutive beeps ends the test.
- It is important that the athletes run in time with the beep and do not run ahead of it. This will cause additional fatigue.

Specific Warm-up:

- Athlete should perform 5-10 shuttles of the first level in order to gain familiarity with the procedure and timing of the MP3 audio.

Scoring:

- Record the shuttle level achieved (VO2 conversion optional).



2. Standing Long Jump & Standing Triple Jump

(Coaches may use discretion for completing only SLJ or also STJ with younger athletes)

Rationale for Inclusion:

Test lower extremity power and coordination utilizing a simple, safe, and common movement pattern (14). The standing triple jump is included to assess strength-speed, agility, balance, and skill (9, 10, 14-16).

Equipment:

A tape measure or other measuring device as well as a safe jumping and landing surface of approximately 10m.

Standing Long Jump Protocol:

- Start by taping or otherwise securing a measuring tape or similar measuring device to the ground for ease of testing.
- Stand with the feet under the hips and toes at 0cm. Hands can be in a self-selected position.
- Jump as far forward as possible.
- Mark the jump distance at the heels of the landing position. If the feet land staggered, measure distance at the heel that traveled the shorter distance. Only measure a repetition that displays a controlled landing (no additional step or fall forward or backward).
- Athletes get two trials, with both trials recorded. The mean of the two trials is calculated and used for further analyses.

Scoring:

- The mean of the two jumps will be calculated and recorded to the nearest centimeter.

Warm-up:

This test has a potential for injury and thereby requires a thorough and focused warm-up. Athletes should perform the SkillsQuest-Fitness general warm-up or approximately 5-10 minutes of vigorous exercise including running, skipping, hopping, arm and leg swings and so forth. Pre-test trials should be encouraged with each athlete performing from one to three practice jumps of increasing intensity (for example practice attempts at 50%, 75% and 90% of maximal effort).

Standing Triple Jump Protocol:

- Start by taping or otherwise securing a tape measure or similar measuring device to the ground for ease of testing.
- Stand with the feet under the hips and toes at 0cm. Hands can be in a self-selected position
- Jump as far forward as possible.
- As soon as the feet simultaneously land, rebound straight into a second long jump, followed immediately by a third, sticking the final landing without moving the feet.
- Mark the jump distance at the heels of the landing position. Only measure a repetition that displays a controlled landing (no additional step or fall forward or backward)
- Athletes get two trials, with both trials recorded. The mean of the two trials is calculated and used for further analyses.

Scoring:

- The mean of the two jumps will be calculated and recorded to the nearest centimeter.v

Warm-up:

This test has a potential for injury and thereby requires a thorough and focused warm-up. Athletes should perform approximately 5-10 minutes of vigorous exercise including running, skipping, hopping, arm and leg swings, etc. Pre-test trials should be encouraged with each athlete performing from one to three practice jumps.



3. 20m Sprint

Rationale for Inclusion:

The 20m sprint test is an assessment of the athlete's speed.

Equipment:

Flat non-slip surface, recommended minimum 30m long. Use the same surface from test to test if possible.

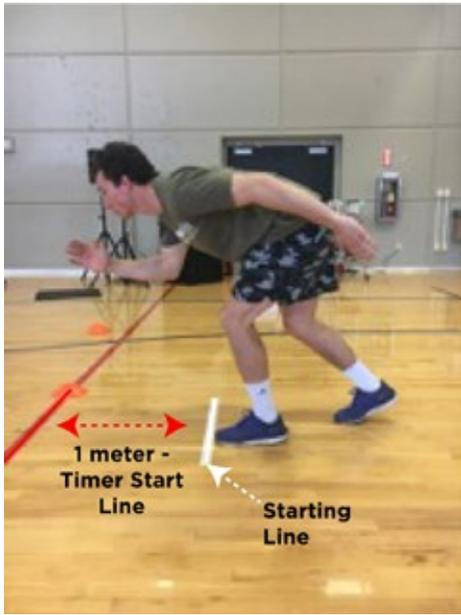
- Tape measure 20m or longer
- Electronic timing gates
- Marker or tape to clearly mark the start & end points

Protocol:

- Mark out two lines, 20m apart on a non-slip surface – preferably an indoor court surface, starting close but not against one wall (minimum 2m from the wall for a start position).
- Mark an additional line 1m before the 20m start line (this will ensure the timing gate light beam isn't broken by mistake)
- Align electronic timing gates at the 20m start and end lines at a height of 1m
- Check that the athlete has good footwear and that the surface/footwear is not excessively slick.
- Ensure the athlete has fully warmed up including practice attempts at approximately 50% and 75% of maximal effort, or 1-2, 5-10 yard efforts.
- Starting 1 meter before the timing-start line, from a standing start when ready the athlete accelerates as fast as he or she can through the 20m sprint (remember to tell the athlete to continue sprinting all the way through the finish line).
- Athletes will perform two trials and both will be recorded.

Scoring:

- The mean of the two sprints will be calculated and recorded to the nearest hundredth of a second (example 3.41s).



4. Strict Pull-Up/Bar Hang

Rationale for Inclusion:

Assessment of upper body coordination and bodyweight management in the context of arm and back pulling strength in addition to torso and lower extremity control.

Equipment:

A pull-up bar high enough for the tallest athletes to hang from without touching the ground with their feet pulled behind them.

Strict Pull-Up Protocol:

- Grasp the bar just outside of shoulder width with an overhand grip.
- Begin test from a dead hang – body motionless, arms completely extended, and shoulders, hips, knees and ankles in a line.
- Keeping the shoulders, hips, knees and ankles in line, pull the body up until the height of the chin exceeds the height of the bar.
- Lower the body down to full extension between each rep.
- A “No-Rep” will be given if:
 - Any break in the shoulder/hip/knee/ankle line occurs.
 - The athlete fails to return to full extension and pause briefly between reps.
 - The athlete fails to pull to proper height.
 - The athlete utilizes a swinging motion to complete the rep.
- Athletes will continue performing pull-ups until they can no longer complete reps within the criteria or until they drop from the pull-up bar.

Scoring:

Record the total number of pull-ups completed within the criteria prior to the athlete failing and/or dropping from the bar.

If the athlete cannot perform a single pull-up, he or she will switch to the bar-hang protocol.

Bar-Hang Protocol – Used if the athlete unable to complete 1 strict pull-up:

- Grasp the bar just outside of shoulder width with an overhand grip.
- Using a box, bench, or other means, jump or be assisted to get the chin over the bar.
- Keeping the lower body motionless, hold the chin over the bar for as long as possible.
- The test concludes when the athlete’s chin drops below the bar.

Scoring:

Record the total time the athlete holds his or her chin over the bar.



5. Single Leg Squat – '15 in 15'

Rationale for Inclusion:

To assess total body coordination and bodyweight management in the context of single leg strength and control.

Equipment:

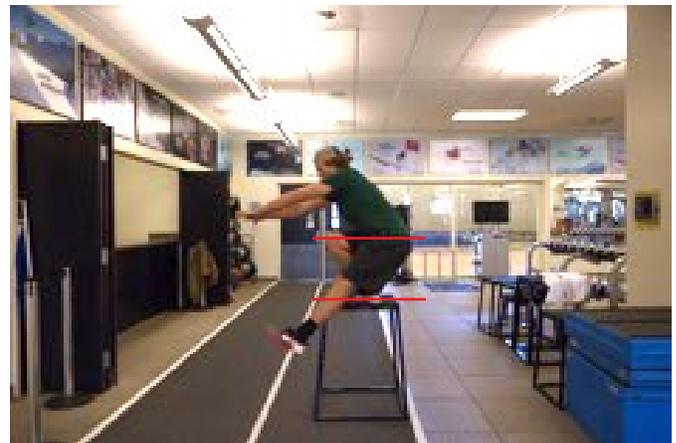
Stable box or platform 40-50cm tall

Single Leg Squat Protocol:

- Start by standing on the top of the box or platform. Adjust so that the standing foot is on the side-edge of the box and the opposite foot is hanging off the side of the box.
- Complete a single leg squat reaching a position where the TOP of thigh is parallel to the box or deeper, while keeping the other off the ground and not touching the box.
- Torso should remain as straight and upright as possible.
- Attempt a total of 15 reps with each leg while maintaining proper technique.
- The non-squatting foot may not touch the box or the ground at any time. If it does touch, the rep will not count but the test may continue.
- Only the reps in which the athlete's thigh travels to parallel with the box or deeper are counted in an athlete's score. Any missed reps are not counted out of the reps completed.
- If an athlete misses two consecutive reps in a row due to lack of depth, the test is ended.

Scoring:

- The total number of satisfactory reps will be recorded for each leg out of 15. When the athlete reaches 15 reps, he or she has reached the test maximum and no further reps will be recorded.
- Scoring is recorded as the number of correct repetitions out of fifteen (e.g. If an athlete squats 11 reps correctly and misses 4 throughout the test, his or her score would be 11/15).



6. 90 Degrees Push-Up

Rationale for Inclusion:

The push-up test is designed to assess the strength endurance of the athlete's upper body muscles.

Equipment

- Audio recording of correct cadence: 1 push-up every 3 seconds
- Smart phone or MP3 player to play the audio file
- Speakers
- Flat non-slip surface
- Assistant

Push Up Protocol:

- The athlete starts in a push-up position, hands under shoulders, arms straight, fingers pointed forward, and legs straight, parallel and slightly apart (2-4 inches) with toes positioned under the heel.
- Keeping the back and knees straight, the athlete then lowers the body until there is a 90-degree angle formed at the elbow, with the upper arms parallel to the floor. The body should remain straight (shoulder, hips and knees aligned) during each rep.
- The push-ups are done to a metronome (see audio file), with one push-up completed every three seconds (1.5s on the way down and 1.5s on the way up), and are continued until the athlete cannot continue at the required pace.
- The athlete should remain in motion during the entire three second interval (no pausing at top or bottom).
- The assistant counts and records the number of correctly completed 90 degree push-ups.
- A "No-Rep" will be given if:
 - o Athlete fails to maintain the cadence
 - o Athlete fails to maintain a straight line between the shoulders, hips, and heels
 - o Athlete fails to achieve a 90-degree angle with the elbows
 - o Athlete fails to extend the arms fully
- Athlete is stopped after the second failed rep

Scoring:

The total number of satisfactory reps will be recorded.



7. Repeated Jumps

(Coaches may use discretion for completing either Box or Hurdle jumps with younger athletes)

Hurdle Jumps

Rationale for Inclusion:

This test is a measure of muscular strength and anaerobic endurance specific to skiing.

Equipment:

- Flat non-slip surface, preferably same surface and conditions for all tests
- 2 Hurdles: 6x18 in (6 inches high, 18 inches long) (15x45cm)
- Tape measure 1m or longer to determine the width between hurdles
- Stopwatch
- Scoring sheet
- A minimum of 2 spotters

Calibration/Maintenance:

- Check the integrity of the hurdles prior to each test day.

Methodology:

- The test is performed as 60 seconds of maximum jumping.

Hurdle Jump Protocol:

- The two 6x18 inch hurdles are placed parallel to one another 24 inches (61cm) apart
- One spotter stands behind each hurdle (two in total) to ensure they remain upright and in place throughout the test.
- To start, the athlete stands in the middle of the hurdles, waiting for a count down from 3 to 1.
- The timer shouts “go” and starts the stopwatch simultaneously.
- The athlete jumps over one hurdle, and then laterally back and forth over both hurdles in each direction.
- The athlete lands in the middle of the hurdles each time and faces the same way for the entire duration of the test.
- Each time the athlete lands in the middle, between the two hurdles, one jump is recorded.
- If the athlete does not clear the hurdle cleanly, the jump does not count.
- If the hurdle is knocked over or moved by the jumper the spotters should replace the hurdle as soon as possible before the athletes attempts to clear again.

Scoring:

- The number of jumps are counted and recorded for 60 seconds.

Box Jumps

Rationale for Inclusion:

This test is a measure of muscular strength and anaerobic endurance specific to skiing.

Equipment:

- Flat non-slip surface, preferably same surface and conditions from test to test
- Box: 40cm high - 50cm long - 40cm wide
- Box: 30cm high - 50cm long - 40cm wide
- Stopwatch
- Scoring sheet
- A minimum of 2 spotters

Calibration/Maintenance:

Check the integrity of the boxes prior to each test day.

Methodology:

The test is performed as 60 seconds of maximum jumping.

Box Jump Protocol:

- A 30 or 40cm box is chosen, depending on which is closer to the athlete's kneecap height without being above it.
- Two spotters sit on the floor with feet against the box to ensure stability of the box during the test.
- To start, the athlete stands on top of the box, waiting for a count down from 3 to 1.
- The timer shouts "go" and starts the stopwatch simultaneously
- The athlete jumps to one side of the box and on to the ground

The athlete jumps laterally back and forth over the box, landing on the middle of the box and facing the same way for the entire duration of the test.

- Each time the athlete lands on top of the box, one jump is recorded.
- Athletes feet should be facing forward and in line with the box upon landing

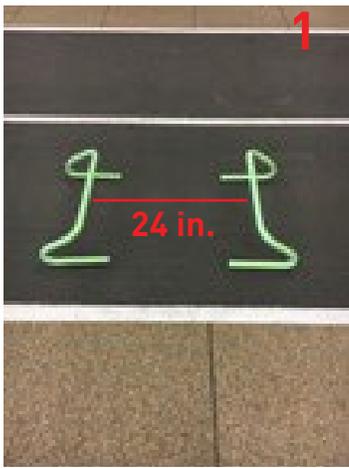
Specific Warm-up:

Athlete should perform 2-3 trials at increasing intensity prior to performing this test, doing 3-4 jumps each time.

Scoring:

The number of jumps are counted and recorded for 60 seconds.





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Australian Institute of Sport 20m Shuttle-Run Score Sheet

Tester: _____ Date: _____/_____/_____ MM/DD/YY

Athlete	DOB	Level	VO2	Comments

Australian Institute of Sport 20m Shuttle-Run VO2 Max Conversion Chart

Level	Shuttle	VO2 Max												
4	2	26.8	8	1	40.2	11	1	50.5	14	2	61.1	20	2	81.8
4	3	27.2	8	2	40.5	11	2	50.8	14	4	61.7	20	4	82.2
4	4	27.6	8	3	40.8	11	3	51.1	14	6	62.2	20	6	82.6
4	5	28.0	8	4	41.1	11	4	51.4	14	8	62.7	20	8	83
4	6	28.3	8	5	41.5	11	5	52.2	14	10	63.2	20	10	83.5
4	7	28.7	8	6	41.8	11	6	51.9	14	13	64	20	12	83.9
4	8	29.1	8	7	42.1	11	7	52.2	15	2	64.6	20	14	84.3
4	9	29.5	8	8	42.4	11	8	52.5	15	4	65.1	20	16	84.8
5	1	29.9	8	9	42.6	11	9	52.8	15	6	65.6	21	2	85.2
5	2	30.2	8	10	42.8	11	10	53.1	15	8	66.2	21	4	85.6
5	3	30.6	8	11	43.3	11	11	53.4	15	10	66.7	21	6	86.1
5	4	31.0	9	1	43.6	11	12	53.7	15	13	67.5	21	8	86.5
5	5	31.4	9	2	43.9	12	1	54.0	16	2	68	21	10	86.9
5	6	31.8	9	3	44.2	12	2	54.3	16	4	68.5	21	12	87.4
5	7	32.4	9	4	44.5	12	3	54.5	16	6	69	21	14	87.8
5	8	32.7	9	5	44.9	12	4	54.8	16	8	69.5	21	16	88.2
5	9	32.9	9	6	45.2	12	5	55.7	16	10	69.9			
6	1	33.3	9	7	45.5	12	6	55.4	16	12	70.5			
6	2	33.6	9	8	45.8	12	7	55.7	16	14	70.9			
6	3	34.0	9	9	46.3	12	8	56.0	17	2	71.4			
6	4	34.3	9	10	46.6	12	9	56.2	17	4	71.9			
6	5	34.7	9	11	46.8	12	10	56.5	17	6	72.4			
6	6	35.0	10	1	47.1	12	11	56.8	17	8	72.9			
6	7	35.4	10	2	47.4	12	12	57.1	17	10	73.4			
6	8	35.7	10	3	47.7	12	13	57.2	17	12	73.9			
6	9	36.1	10	4	48.0	13	1	57.4	17	14	74.4			
6	10	36.4	10	5	48.4	13	2	57.6	18	2	74.8			
7	1	36.8	10	6	48.8	13	3	57.9	18	4	75.3			
7	2	37.1	10	7	49.0	13	4	58.2	18	6	75.8			
7	3	37.5	10	8	49.3	13	5	58.5	18	8	76.2			
7	4	37.8	10	9	49.8	13	6	58.7	18	10	76.7			
7	5	38.2	10	10	49.8	13	7	59.0	18	12	77.2			
7	6	38.5	10	11	50.2	13	8	59.3	18	15	77.9			
7	7	38.5	10	12	50.4	13	9	59.6	19	2	78.3			
7	8	39.2				13	10	59.8	19	4	78.8			
7	9	39.6				13	11	60.0	19	6	79.2			
7	10	39.9				13	12	60.2	19	8	79.7			
						13	13	60.6	19	10	80.2			
									19	12	80.6			
									19	15	81.3			

Data Collection and Results

U.S. Ski & Snowboard SkillsQuest-Fitness Dashboard

This is the U.S. Ski and Snowboard SkillsQuest-Fitness Dashboard page (Figure 1). From here, you can download the Mass Data Entry form, upload your collected data, or input data for an individual athlete.

U.S. Ski and Snowboard SkillsQuest - Fitness

Form to capture the physical fitness of development and national team athletes



Multiple Athlete Assessment Data Upload

Please download a copy of the Excel template file here: <https://www.usasports.org> or email clubfitness@ussusa.org for a copy. Fill out the Excel template with the athletes SkillsQuest - Fitness data, save the file [include your club name in the file name] and then upload the completed Excel document here: <https://www.usasports.org>. Once your file is uploaded you do not need to complete anymore of this form. Please allow 24 - 48hrs for your athletes data to be uploaded to your clubs report sheet. If you are entering data for an individual athlete [not multiple athletes] then please click the 'Next' button below to continue to that section.

Your answer

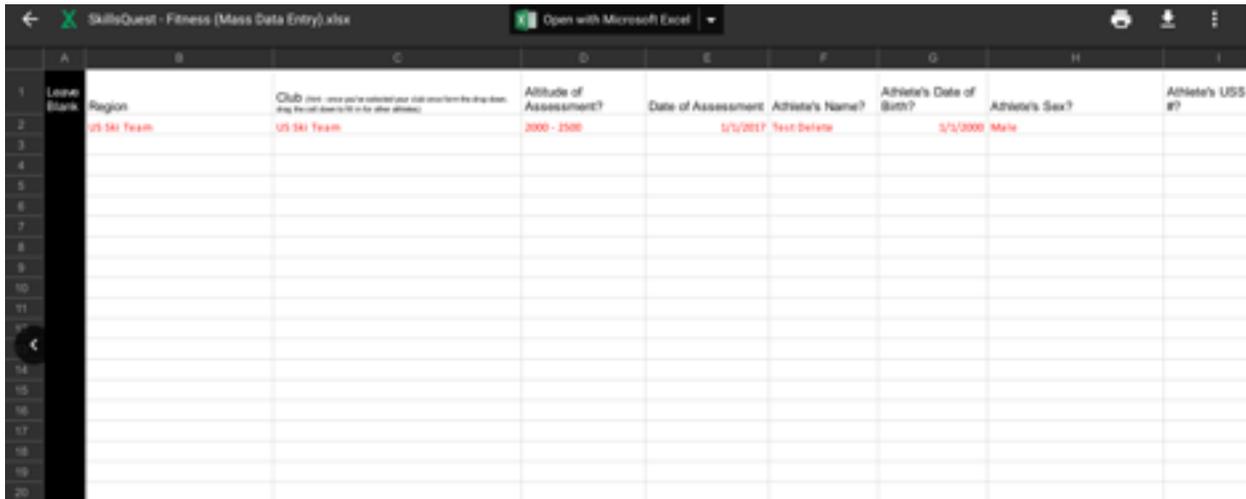
NEXT

Never submit passwords through Google Forms.

(Figure 1)

Google Drive Downloadable Form

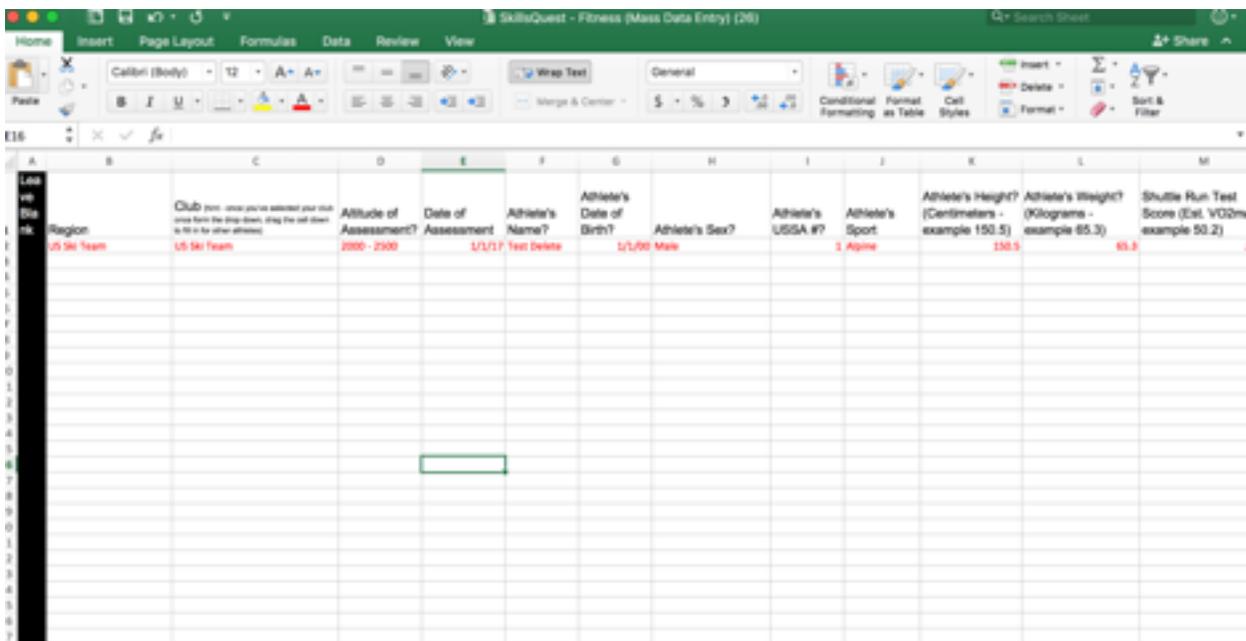
By clicking on the appropriate link from Figure 1, you can download the Mass Data Entry Form (Figure 2).



(Figure 2)

Excel Mass Data Entry Form

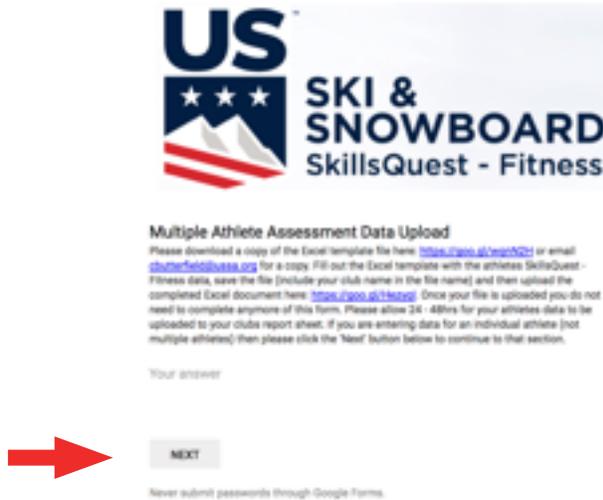
After downloading the form from google drive, save the excel file with your club name in the title (Figure 3). This sheet will be uploaded into the database via the upload link on the Dashboard.



(Figure 3)

Individual Athlete Data Input

By clicking “NEXT” at the bottom of the Dashboard (red arrow), you can input data for an individual athlete (Figure 5). This data will automatically be added to the database once submitted.



The image shows a screenshot of the 'Individual Athlete Entry' form. The title bar at the top is blue and contains the text 'Individual Athlete Entry'. Below the title bar is a subtitle: 'Complete if not upload Multiple Athlete Assessment Data via the Excel document'. The form features the US Ski & Snowboard SkillsQuest - Fitness logo at the top. Below the logo are several input fields: 'Region' with a dropdown menu showing 'Choose'; 'Club' with a dropdown menu showing 'Choose'; 'Altitude of assessment?' with a dropdown menu showing 'Choose' and a sub-question 'What is the altitude (in meters) of where the assessment is taking place?'; 'Date of assessment?' with a date input field showing 'Date' and the format 'mm/dd/yyyy'; and 'Athlete's Name?' with a text input field and a note: 'First Name Last Name (If you enter a different name [shortened/nickname etc] from previous tests the report will not graph all the athletes data together)'. At the bottom of the form, there is a small, partially visible URL: 'https://usski.org/...'

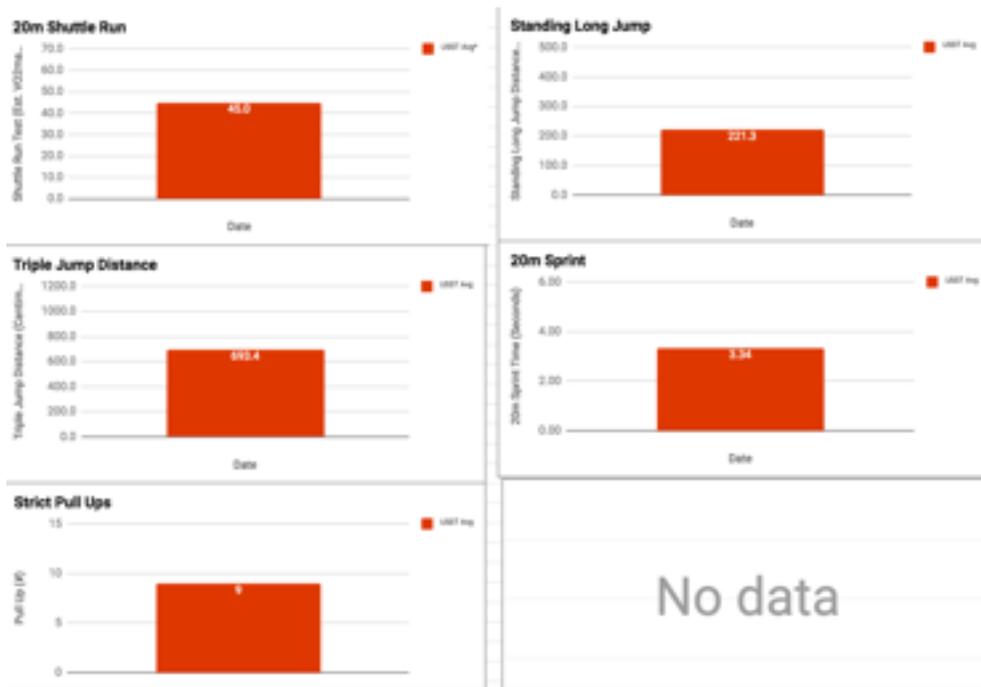
(Figure 4)

Report Forms

When data has been uploaded, you will be given access to multiple report forms to view your athletes' results compared to the U.S. national team and averaged age based norms. These are printable forms.

SkillsQuest Fitness - Female Report																
Name:				Date Start:				Date End:								
Age Compare:				Count: 0												
** Controls the "Age %" athletes are compared too**																
Date	20 Shuttle Run (Est. VO2max)				Standing Long Jump (cm)				Triple Jump (cm)				20m Sprint (Seconds)			
	You	Age Group Rank %	Top 20% of Age Group	USST Avg*	You	Age Group Rank %	Top 20% of Age Group	USST Avg	You	Age Group Rank %	Top 20% of Age Group	USST Avg	You	Age Group Rank %	Top 20% of Age Group	USST Avg
	#N/A	#N/A	#N/A	45.0	#N/A	#N/A	#N/A	221.3	#N/A	#N/A	#N/A	693.4	#N/A	#N/A	#N/A	3.34
Date	Strict Pull Up (R)			Bar Hang (Seconds)			Single Leg Squat - Left (R)			Single Leg Squat - Right (R)						
	You	Age Group Rank %	Top 20% of Age Group	USST Avg	You	Age Group Rank %	Top 20% of Age Group	USST Avg	You	Age Group Rank %	Top 20% of Age Group	USST Avg	You	Age Group Rank %	Top 20% of Age Group	USST Avg
	#N/A	#N/A	#N/A	9	#N/A	#N/A	#N/A		#N/A	#N/A	#N/A	14	#N/A	#N/A	#N/A	14
Date	90 Degree Push Up (R)			Hurdle Jump (R)			Box Jumps (R)									
	You	Age Group Rank %	Top 20% of Age Group	USST Avg	You	Age Group Rank %	Top 20% of Age Group	USST Avg	You	Age Group Rank %	Top 20% of Age Group	USST Avg				
	#N/A	#N/A	#N/A	25	#N/A	#N/A	#N/A	40	#N/A	#N/A	#N/A	64				

*USST 20m Shuttle Run Test is conducted in Park City, Utah at ~2100m so Est. VO2max is approximately 10% lower than if conducted at sea level



(Figure 5 – Individual Report Form)

Contact Information

In order to access the links to download the necessary sheets and upload data or for any questions, please email Calin Butterfield, U.S. Ski & Snowboard High Performance Coordinator. Please allow for 48 to 72 hours for responses to inquiries, questions and concerns about SkillsQuest-Fitness.

calin.butterfield@usskiandsnowboard.org

Thank you for your participation and commitment!

