



DRYLAND PROGRESS REPORT

FALL 2010

KD PROGRAM

Athlete:

Skill • Speed • Reaction • Suppleness

Developing the Athlete

Physical Fitness	Fitness Testing Results		Your Score	Goal	Best Score	Your Score	Goal	Best Score
	Flexibility - Sit & Reach	<i>Centimetres</i>						
	Power - Vertical Jump	<i>Centimetres</i>						
	Speed - Beep Test	<i>Level: Sub-Level</i>						
	Stamina - 1,000 metre run	<i>Min:Sec</i>						

Dryland Program Summary

The 2010-2011 dryland training program ran from September to November with one fitness session per week (Wednesday evenings) and a variety of weekend activities including Gymnastics, Hiking, Mountain Biking and Ice Skating. The number one goal of the KD dryland program is to begin to familiarize athletes with the off-snow component of competitive ski racing, learning the importance of being a good athlete first and a great skier thereafter. We ran the athletes through two sets of physical fitness tests that covered four areas of athletic skill. Flexibility was tested through the Sit & Reach test which focuses on flexibility through the quad and hamstring muscles as well as core stability. Power and coordination of the leg and core muscles was tested through a vertical jump. Speed and athletic stamina were tested through the Leger-Boucher (Beep) Test and a 1,000 metre run. Standard scores have been provided for each test based on data gathered by Alpine Canada for this age group. The best score in each test from within the team is also collected. Again, this program and the testing done is an introduction to dryland training and fitness testing that we hope will serve the athletes well as they move to more competitive programs with more comprehensive off-snow training in future years.

Skill Development

RATING **##** insert comments here

3 = meets standards

2 = continue effort to develop towards standards

1 = needs to improve effort to meet standards

Effort, Attitude & Sportsmanship

RATING **##** insert comments here

4 = exceeds expectations

3 = meets expectations

2 = needs improvement

1 = serious concerns