

Victorian Alpine Committee  
**FITNESS TESTING & MOVEMENT SCREENING**



The Victorian Alpine Committee (VAC) invites you to participate in a 2 day screening – programming testing camp in Melbourne.

**Who?** **ALL** current registered members with Mount Buller Race Club (MBRC), Falls Creek Race Club (FCRC) and Mount Hotham Racing Squad (MHRS)  
Athletes born 2000 and earlier (graduating U10's, C1, C2 & FIS)

**Where?** Saturday – **Melbourne Sports and Aquatics Centre**  
Sunday – **ESS Performance @ AAMI Park**  
Click on the links below for location – directions. Specific meeting locations will be given in reply to your RSVP.

[MSAC location](#)                      [AAMI Park - ESS Performance location](#)

**When?** Saturday, September 24 @ Melbourne Sports and Aquatics Centre – individual times  
Sunday, September 25 @ ESS Performance @ AAMI Park – 9:20am – 3:30pm  
See 'Schedule' summary of next page for the daily details

**What?** 2 day **screening – programming – testing camp** in Melbourne  
Movement screening & fitness program delivery and familiarization on Saturday  
Fitness Testing on Sunday

- Screening delivered by physiotherapist Max Reeve – see next page for summary
- Testing delivered by **ESS Performance @ AAMI Park**
- Testing supervised by Trent Kaufman, Steve Brown, Brett Smalley & Jeff Books

**How much?** **\$120 per person** - includes Musculo Skeletal Screen for children (FIS athletes will be screened in November), testing at ESS Performance, individual follow up & program design based on testing results, MSAC facility rentals (Saturday), ESS Performance facility rental (Sunday), sports nutrition seminar & VAC Conditioning workbook

**What should we bring?**

- Running shoes & athletic wear + a pair of clothes to change into – separate runners for indoor use
- Water bottle (1-2L's) & towel
- Notebook and pen / training journal
- Healthy snacks & lunch
- Bathers & towel for pool-ice pool recovery on Sunday – this will very cool – one of ESS Performance's specialty services (the Melbourne Storm will be recovering when we arrive on Sunday morning)

**RSVP :** RSVP to Jeff Books on [jeff@mhrc.org.au](mailto:jeff@mhrc.org.au) by Monday, September 19 – timely RSVP is essential

**When are the next testing sessions?**

- Saturday, November 19<sup>th</sup> – ESS Performance @ AAMI Park
- Saturday, April 14 – ESS Performance @ AAMI Park
- Saturday, June 15 – ESS Performance @ AAMI Park



### Schedule - Saturday, September 24

**8:30am – Children arrive & warm up @ MSAC – meet at main entrance**

- Musculo skeletal screening
- Term 4 physical program – introduction & familiarization
- ABC's & multi-sport skills
- **Sports nutrition presentation**

Children wrap up at 1pm

**1pm – FIS athletes arrive & warm up @ MSAC – meet at main entrance**

- Term 4 physical program – introduction & familiarization
- ABC's & multi-sport skills
- **Sports Nutrition presentation**

FIS athletes wrap up at 4pm

### Schedule – Sunday, September 25

9:20am	Children & FIS athletes arrive at ESS Performance @ AAMI Park
9:30am	Warm up
10:00am	Testing begins
12:00pm	Lunch
12:45pm	Testing continues
2:00pm	Pool & ice bath recovery (same set up that the footie players use)
3:00pm	VAC Conditioning Program Overview presentation – Parents & Athletes
3:30pm	Wrap up



### Musculo skeletal screening

- Each screen will be approximately 20 minutes in length
- The screen will assess posture, hip mobility, hip control, core strength and stability, lower limb alignment, muscular imbalance, muscular endurance etc...
- Please wear the most form fitting clothing possible to ensure that the physio is able to have a good look at what is going on
- This is not intended as an assessment for pre-existing injuries

### Preparing for physical testing

Standardized pre-test preparation is important. A consistent approach will allow you to improve the quality of testing experience and reduce the variability of the results. Many physiological characteristics commonly quantified during testing can be influenced by variables such as diet, fatigue, medications, illness, injury and environmental conditions. Testing is designed to assess fitness in a controlled environment - a standardized pre-test protocol is strongly encouraged. To get the most out of testing you should be in a similar state with regard to nutrition and fatigue for every testing session. Think of preparing for testing the same as preparing for a competition; you want to be well rested, hydrated and properly fuelled so you can perform at your best.

### Pre-test checklist

The following checklist is intended to provide you with guidelines for preparing for testing. When it comes to exercise and food intake prior to the test, there are large amounts of individual variation in what is tolerable, so find out what works best for you.

- Avoid vigorous exercise within 24 hours of the test
- Increase your carbohydrate intake in the days prior to testing, particularly if you are being tested for blood lactate concentrations (this will only be a factor with lab testing at the senior levels)
- Avoid a heavy meal within three to four hours of a test (a light, low fat meal is best)
- Avoid drinking alcohol, tea or coffee (or other caffeinated products) six hours prior to testing
- Wear light comfortable clothing
- Be in good health and fully recovered from previous injuries or illness
- Be free of any acute infections
- Sleep well on the lead up to the testing session
- Be well hydrated and bring fluids to the testing session...this is an absolute must!
- Ensure you understand the procedures and objectives of the test

### Be sure that you...

- Keep a log of the variables that could potentially influence testing
- Document your training history over the last week, meal composition for the previous 24 hours and any illness or sleep pattern abnormalities that you may have experienced for the last 2 weeks heading into the test
- Include any other information that you believe may influence your testing results.
- Report anything abnormalities to your tester so that they can take that into consideration when interpreting your results. This is particularly useful when comparing with past and future performances

Adapted from Pacific Sport's Preparing for Physical Testing, 2007

### Process – Testing & Following Up

1. Introduce **term 4 training programs** on **Saturday, September 24**
2. Complete fitness testing on **Sunday, September 25**
3. Receive **individual targets & volumes** based on the testing results
  - a. by **Wednesday, September 28**
4. Begin individual programs on **Monday, October 3**
5. Athletes are monitored in one of 2 ways
  - a. Through weekly base program sessions (& add on sessions)
  - b. Through on line monitoring framework – additional costs apply

### Testing Protocol

- Check out the attached SSA Testing Protocols for Children & FIS athletes

For more information, contact;

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