

**Silver Star BC** Mike Cavalier High Performance Coordinator – West and Jeff Whiting Para-Nordic Development Coordinator – West hosted the First Para-Nordic Fitness Testing session at Silver Star High Performance Lab. The coordinators were testing the adaptation of the 5 fitness tests for the para-nordic athletes especially for the arm amputees and totally blind athletes.

	<b>Pull-ups</b>	<b>Sit-ups</b>	<b>Push-ups</b>	<b>Box Jumps</b>	<b>Dips</b>	<b>TOTAL Points</b>	<b>Para-Nordic Equivalent Points</b>
<b>Female</b>							
average	5	39	28	32	28	143	155
max	10	52	44	63	53	200	227
<b>Male</b>							
average	13	35	43	32	32	181	194
max	33	43	58	40	47	228	263

Modification of the tests was necessary for arm amputees for pull-up and push-ups. We tested using 50% of their weight for pull-ups on a pulley machine and heel distance from the wall equal to 50% of their height for push-ups. For those with more than 90% disability, we tested using single steps on each foot for 30 seconds on a 16 inch box and a 6 inch box. The single steps on each foot for 30 seconds on a 16 inch box seemed safer. Next month, we will undertake fitness testing for sit skiers.

CCC has been promoting the use of standard **strength and critical speed tests** for a number of years now, in an effort to encourage clubs around the country to adopt a common, athlete physiological assessment method. These field tests are easy to run as they do not require a sophisticated lab set up or specialized equipment. We encourage coaches throughout the country to run these tests on a regular basis as a great way to specifically assess the progress of their athletes. The tests also provide objective feedback to identify areas of strengths and weaknesses and help coaches to adapt training focus accordingly. By sending all tests results and birth year of para-nordic participants to Jeff Whiting at [jwhiting@ccski.com](mailto:jwhiting@ccski.com), you will also contribute to the building of a representative national database that will reflect on average performance by age, at different levels. All results will remain anonymous and names will not be published. Records by birth year will also be published to provide high end benchmarks and as an incentive for athletes to give it all they have!

