

**Selection processes and performance standards
for entry and inclusion to the British Alpine Ski Teams and
SnowsportGB Alpine Programmes.**

Appendix 1.5.3: SnowsportGB Field Test Matrix

Snowsport GB minimum is a level 3 Total Score
FitnessTest Matrix - Male

Children

2007 / 2008

C1 / 1 Male (1996)	level	5	4	3	2	1	
	points	2	4	6	8	10	
	cooper test	2300	2400	2500	2600	2700	metres
	60 sec box jump	44	47	50	53	56	reps
	5 jump	8.00	8.50	9.00	9.50	10.00	metres
	hurdle agility	42	40	38	36	34	seconds
	points	1	2	3	4	5	
	crunch	30	32	34	36	38	reps
	pull up	4	5	6	7	9	reps
	TOTAL SCORE	10	20	30	46	50	
	C1 / 2 Male (1995)	level	5	4	3	2	1
points		2	4	6	8	10	
cooper test		2400	2500	2600	2700	2800	metres
60 sec box jump		49	52	55	58	61	reps
5 jump		8.50	9.00	9.50	10.00	10.50	metres
hurdle agility		40	38	36	34	32	seconds
points		1	2	3	4	5	
crunch		33	35	37	39	41	reps
pull up		5	6	7	8	10	reps
TOTAL SCORE		10	20	30	46	50	
C2 / 1 Male (1994)		level	5	4	3	2	1
	points	2	4	6	8	10	
	cooper test	2450	2550	2650	2750	2850	metres
	60 sec box jump	54	57	60	63	66	reps
	5 jump	9.00	9.50	10.00	10.50	11.00	metres
	hurdle agility	38	36	34	32	30	seconds
	points	1	2	3	4	5	
	crunch	36	38	40	42	44	reps
	pull up	6	7	8	9	11	reps
	TOTAL SCORE	10	20	30	46	50	
	C2 / 2 Male (1993)	level	5	4	3	2	1
points		2	4	6	8	10	
cooper test		2550	2650	2750	2850	2950	metres
60 sec box jump		59	62	65	68	71	reps
5 jump		9.50	10.00	10.50	11.00	11.50	metres
hurdle agility		36	34	32	30	28	seconds
points		1	2	3	4	5	
crunch		39	41	43	45	47	reps
pull up		7	8	9	10	12	reps
TOTAL SCORE		10	20	30	46	50	

Snowsport GB minimum is a level 3 Total Score
Fitness Test Matrix - Female

Children

2007/2008

C1 / 1 Female (1996)	level	5	4	3	2	1	
	points	2	4	6	8	10	
	cooper test	2200	2300	2400	2500	2600	metres
	60 sec box jump	33	36	39	42	45	reps
	5 jump	7.00	7.50	8.00	8.50	9.00	metres
	hurdle agility	44	42	40	38	36	seconds
	points	1	2	3	4	5	
	crunch	30	32	34	36	38	reps
	pull up	1	2	2	3	4	reps
	TOTAL SCORE	10	20	30	46	50	

C1 / 2 Female (1995)	level	5	4	3	2	1	
	points	2	4	6	8	10	
	cooper test	2300	2400	2500	2600	2700	metres
	60 sec box jump	39	42	45	48	51	reps
	5 jump	7.50	8.00	8.50	9.00	9.50	metres
	hurdle agility	42	40	38	36	34	seconds
	points	1	2	3	4	5	
	crunch	33	35	37	39	41	reps
	pull up	1	2	2	3	4	reps
	TOTAL SCORE	10	20	30	46	50	

C2 / 1 Female (1994)	level	5	4	3	2	1	
	points	2	4	6	8	10	
	cooper test	2350	2450	2550	2650	2750	metres
	60 sec box jump	41	44	47	50	53	reps
	5 jump	8.00	8.50	9.00	9.50	10.00	metres
	hurdle agility	40	38	36	34	32	seconds
	points	1	2	3	4	5	
	crunch	36	38	40	42	44	reps
	pull up	1	2	3	4	5	reps
	TOTAL SCORE	10	20	30	46	50	

C2 / 2 Male (1993)	level	5	4	3	2	1	
	points	2	4	6	8	10	
	cooper test	2400	2500	2600	2700	2800	metres
	60 sec box jump	45	48	51	54	57	reps
	5 jump	8.50	9.00	9.50	10.00	10.50	metres
	hurdle agility	38	36	34	32	30	seconds
	points	1	2	3	4	5	
	crunch	39	41	43	45	47	reps
	pull up	1	2	3	4	5	reps
	TOTAL SCORE	10	20	30	46	50	