

Hello Athletes & Families:

We hope this message finds you healthy and safe during this unique time. Your NYSEF coaches have spent a great deal of time this spring participating in national and regional U.S. Ski & Snowboard / NYSSRA committee meetings and are actively planning for the future and how to best proceed through these uncertain times.

One common theme that continues to be discussed is the [U.S. Ski & Snowboard SkillsQuest Fitness program](#). Generally speaking, there is an overwhelming consensus that there is a low level of general fitness nationwide among our athletes. While this was not targeted at any individual athlete, program or region, the NYSEF team has decided to prioritize this by raising the fitness level within our program.

We're excited to introduce our monthly fitness testing protocol. We've selected five tests from the [U.S. Ski & Snowboard SkillsQuest Fitness Manual](#) that our athletes can measure their progress each month.



### The Monthly NYSEF Fitness Test:

Make sure to keep to this order of testing as it closely parallels the US Ski & Snowboard SkillsQuest testing protocol.

- 1.5 mile run
- Jumping (triple jump & long jump)
- Single Leg Squats (15x each leg)
- Push Ups ([on this cadence](#))
- Box Jumps



Testing will take place on the 1st of every month and you are expected to send results to your age group coaching staff. Our expectation is that after the first test's baseline "score" that each additional month the test is performed with a 10% increase in performance. *\*SUBJECT TO INDIVIDUAL ADJUSTMENT\**

We as a coaching staff firmly believe that a commitment to this process will have a direct and positive effect to on-snow performance. While participation and improvement is not mandatory for everyone in the NYSEF program, it will be mandatory for Winter Term, Northwood School and Post-Grad athletes. Furthermore, there are other potential benefits in addition to faster and better skiing. For instance, most NYSSRA and US Ski & Snowboard projects, camps or events will be restricted to those athletes that meet their standard level of fitness.

We are confident that with continued efforts in strength and conditioning as well as participation in this regular assessment, you will be best equipped to meet your on-snow goals when the snow flies. If you have any questions or concerns about strength and conditioning and/or the testing, please reach out to your head coach.

Keep working hard and stay safe,  
The NYSEF/Northwood School Coaching Staff