



canadian snowboard federation | Fédération canadienne de snowboard

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Canadian Snowboard Federation High Performance Program		
Strength and Conditioning Minimum Standards As of 07 November, 2007		
Test	Male Standards	Female Standards
Morning Test Order		
Anthropometry (height & weight)		
Hex Rail	20 seconds	21 seconds
Jump and Spin (HP only)	540	540
Pull Ups OR Inverted Pull Ups (If zero pull ups achieved)	7 15	3 10
1 RM Squat OR Single Leg Squats (60 seconds each) if injured in one leg	1.5 x BW 30	1.25 x BW 25
5 Stage Sit Up	Stage 3	Stage 3
Leger Boucher 20 m Shuttle Run	Stage 9	Stage 7
Afternoon Test Order (4 hour break)		
Vertical Jump (double leg)	60 cm / 24 in	50 cm / 20 in
Vertical Jump (single leg)	Both legs within 5 cm	Both legs within 5 cm
Push Ups OR Single Arm Dumbbell Bench Press (3RM) if injured in one arm	25 45% of body weight	10 33% of body weight
5 Hops for Distance (double leg) OR Standing Broad Jump (if no space)	12 m / 39.4' 2.45 m / 8'	10 m / 32.8' 2.10 m / 7'
5 Hops for Distance (single leg)	Both legs within 90%	Both legs within 90%

PLATINUM PARTNERS:



FUNDING PARTNERS:



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OR Standing Broad Jump (single leg)		
Prone Bridge	90 seconds	90 seconds
Sit & Reach	Reach toes	Reach toes