



Canada Snowboard Alpine National Team Physical Profile

Suggested Functional Capabilities- *These suggestions are meant to encourage prospective athletes to develop well-rounded physical capabilities to reduce the likelihood of injury and ensure resiliency in both training and competition. They should be considered minimum baselines.*

Capability	Description	Purpose
>5 Single Leg Squats	From an elevated surface, squatting to a position where thigh is parallel to the floor, maintaining lower body alignment and upper body posture	Lower Limb Strength, Mobility, Control
10 Pushups (Females) 15 Pushups (Male)	With proper torso positioning, full depth pushups with sternum contacting a tennis ball for each repetition	Upper Body Strength, Torso Strength
90s Side Plank (per side)	From forearm, ensuring alignment from head to toe	Torso Strength
>10 Overhead Squats	Holding a dowel above the head, reaching at least a 90 degree knee angle while maintaining posture	Upper and Lower Limb Mobility, Torso Control

Historical National Team Performance Characteristics- *The following statistics are meant to demonstrate the typical performances of national team members in order to provide context to aspiring athletes.*

Test	Male Range	Female Range
Predicted Back Squat 1 Rep Maximum	150-175% Bodyweight	120-140% Bodyweight
Maximal Aerobic Cycling Power	300-380 Watts	215-260 Watts
Predicted Bench Press 1 Rep Maximum	100% of Bodyweight	75% of Bodyweight
Bodyweight Pullups	10-15 Repititions	1-5 Repititions

For any comments or questions regarding this information please do not hesitate to email jwengelin@gmail.com.