

Burke Mountain Academy SuperBEAR

The SuperBEAR is a strength and conditioning scoring system. The primary goal is to serve as an objective means to measure all athlete's training performance. The scoring system is based on testing data collected from BMA, US Ski & Snowboard SkillsQuest Fitness and the Norwegian Ironman tests. The SuperBEAR can objectively highlight strength and weaknesses that will be used in the development of individual training programs.

Men																
Aerobic			Power				Agility		Strength				Power/Endurance		Mobility	
Points	20m Shuttle	1.75	Points	Standing Long Jump	Triple Long Jump	20m Sprint	Points	Hex Jump	Points	Pull Up	Single Leg Squat	90 Deg Push Up 40bpm	Points	60" Box Jump	Points	USTART
22.5	61.7	14-4	10:00.0	15	292	893	2.78	45	16.19	15	24	51	45	78	45	100
21	60.6	13-13	10:15.0	14	285	872	2.84	42	16.39	14	22	29	42	75	40	95
19.5	59.6	13-9	10:30.0	13	277	852	2.9	39	16.59	13	20	28	39	72	35	90
18	58.2	13-4	10:45.0	12	265	832	2.96	36	16.79	12	18	27	36	69	30	85
16.5	56.8	12-11	11:00.0	11	258	812	3.02	33	16.99	11	16	26	33	66	25	80
15	55.4	12-6	11:15.0	10	251	792	3.08	30	17.19	10	14	25	30	63	20	75
13.5	54	12-1	11:30.0	9	242	771	3.14	27	17.49	9	12	24	27	60	15	70
12	52.2	11-7	11:45.0	8	234	752	3.2	24	17.79	8	10	23	24	57	10	65
10.5	50.8	11-2	12:00.0	7	227	732	3.26	21	18.09	7	9	22	21	55	8	60
9	49.3	10-8	12:15.0	6	220	711	3.32	18	18.39	6	8	21	18	53	6	55
7.5	48.0	10-4	12:30.0	5	214	689	3.38	15	18.69	5	7	20	15	51	5	50
6	46.8	9-11	12:45.0	4	207	669	3.45	12	18.99	4	6	19	12	49	4	40
4.5	45.5	9-7	13:00.0	3	200	649	3.53	9	19.29	3	5	18	9	47	3	30
3	43.9	9-2	13:15.0	2	194	629	3.65	6	19.59	2	4	17	6	45	2	20
1.5	42.6	8-9	13:30.0	1	188	609	3.72	3	19.89	1	3	16	3	43	1	10
Points Score																
Total Scored				Total Possible		% Score										
0.0				270		0%										

Women																	
Aerobic			Power				Agility		Strength				Power/Endurance		Mobility		
Points	20m Shuttle	1.75	Points	Standing Long Jump	Triple Long Jump	20m Sprint	Points	Hex Jump	Points	Pull Up	Single Leg Squat	90 Deg Push Up 40bpm	Points	60" Box Jump	Points	USTART	
22.5	57.1	12-12	11:00.0	15	243	744	3.17	45	16.59	15	15	30	41	45	72	45	100
21	56.2	12-9	11:15.0	14	238	728	3.21	42	16.79	14	14	29	39	42	69	40	95
19.5	55.7	12-5	11:30.0	13	234	712	3.25	39	16.99	13	13	28	37	39	66	35	90
18	54	12-1	11:45.0	12	229	696	3.29	36	17.19	12	12	27	35	36	63	30	85
16.5	52.8	11-9	12:00.0	11	225	681	3.34	33	17.39	11	11	26	33	33	60	25	80
15	52.2	11-5	12:15.0	10	220	665	3.39	30	17.69	10	10	25	31	30	57	20	75
13.5	50.5	11-1	12:30.0	9	216	649	3.44	27	17.99	9	9	24	29	27	55	15	70
12	49.8	10-9	12:45.0	8	211	633	3.49	24	18.29	8	8	23	26	24	53	10	65
10.5	48.4	10-5	13:00.0	7	207	618	3.54	21	18.59	7	7	22	23	21	51	8	60
9	47.1	10-1	13:15.0	6	201	602	3.59	18	18.89	6	6	21	20	18	49	6	55
7.5	46.3	9-9	13:30.0	5	195	586	3.64	15	19.19	5	5	20	17	15	47	5	50
6	45.2	9-6	13:45.0	4	187	570	3.69	12	19.49	4	4	19	15	12	45	4	40
4.5	44.2	9-3	14:00.0	3	182	555	3.74	9	19.79	3	3	18	13	9	43	3	30
3	43.3	8-11	14:15.0	2	176	539	3.79	6	20.09	2	2	17	11	6	41	2	20
1.5	42.1	8-7	14:30.0	1	171	523	3.84	3	20.39	1	1	16	9	3	39	1	10
Points Score																	
Total Scored				Total Possible		% Score											
0.0				270		0%											

Burke Mountain Academy Alpine Physical Testing Program

Goals of Physical Testing

- To serve as a tool for evaluation and assessment of fitness and athleticism required by the sport of alpine ski racing.
- To give direction to development of long term conditioning programs. The testing should be reflective of training and timing of the periodized program.
- To assess energy/athletic systems consistent with the sport and the training of alpine ski racing.
- To assess agility, body control, coordination and flexibility.
- To assess individual athlete motivation.

Test Periods

Tests are conducted three times per year; at the beginning of the training period (April/May), after the General Prep Period (Aug/Sep) and finally after the end of the Specific Prep Period (Oct/Nov).

Test Standards

Minimum standards for testing by age are as follows...

18 + yrs	80%	of Maximum Score
17 yrs	70%	of Maximum Score
16 yrs	60%	of Maximum Score
15 yrs	50%	of Maximum Score
14 yrs	40%	of Maximum Score

Main Test Battery

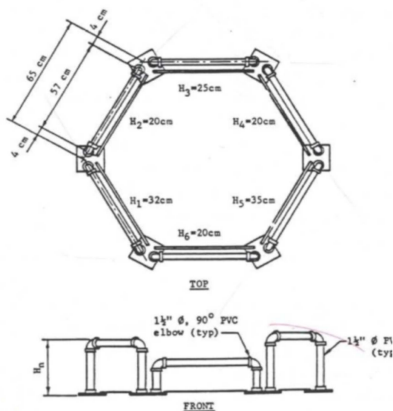
Height & Weight	Physical Growth Dynamics
1.75 Mile Run	Aerobic / Efficiency
20m Shuttle Run	Aerobic Capacity / Efficiency
Standing Long Jump	Power
Triple Long Jump	Power
20m Sprint	Power
Hex Jump	Agility
Pull Ups	Strength / Upper Body
Single Leg Squat	Strength / Lower Body
Push Ups	Strength / Upper Body
60 second Box Test	Anaerobic Endurance
USTART Assessment	Mobility / Flexibility

Alpine Skiing is a complex sport requiring many physical abilities. As such our goal is to develop well rounded athletes who are prepared for the rigor of training and competing in the sport of alpine skiing. In the words of Tudor Bumpo with slight modification, "Alpine Athletes should be fast like a sprinter, strong like a weightlifter, resistant like a distance runner, and coordinated like a juggler!"

Additional Tests

Vertical Jump	Power
T-Test	Agility
30 second Wingate Test	Power / Anaerobic Endurance
Knee Touch Squats	Anaerobic Endurance
Rep Max Testing: Clean, Squat, Bench	Maximum Strength and Power

Hex Jump Dimensions



Box Jump Dimensions

40cm high – 50cm long – 40cm wide

SuperBEAR Alternative Tests to the Running Events

Replaces the 20m Shuttle

Brook Road Hill Climb

Women		Men	
SuperBEAR		SuperBEAR	
10:00	22.5	8:30	22.5
10:15	21	8:45	21
10:30	19.5	9:00	19.5
10:45	18	9:15	18
11:00	16.5	9:30	16.5
11:15	15	9:45	15
11:30	13.5	10:00	13.5
11:45	12	10:15	12
12:00	10.5	10:30	10.5
12:15	9	10:45	9
12:30	7.5	11:00	7.5
12:45	6	11:15	6
13:00	4.5	11:30	4.5
13:15	3	11:45	3
13:30	1.5	12:00	1.5

Replaces the 1.75mi Run

Mountain Bike TT

Women		Men	
SuperBEAR		SuperBEAR	
15:30	22.5	13:00	22.5
16:00	21	13:30	21
16:30	19.5	14:00	19.5
17:00	18	14:30	18
17:30	16.5	15:00	16.5
18:00	15	15:30	15
18:30	13.5	16:00	13.5
19:00	12	16:30	12
19:30	10.5	17:00	10.5
20:00	9	17:30	9
20:30	7.5	18:00	7.5
21:00	6	18:30	6
21:30	4.5	19:00	4.5
22:00	3	19:30	3
22:30	1.5	20:00	1.5