

FREDERICTON - This past Sunday the NB Alpine Development Team for the 2011 Canada Winter Games gathered for their first pre-season event. The team was named at the end of the 2010 alpine ski racing season and consists of racers from Mt Farlagne in Edmundston; Crabbe Mtn outside of Fredericton and near Sussex, Poley Mtn. Head coach is Mike Clarke, wax technician is John Teague and team manager, Stephanie Dodge. Team members are:

Mt Farlagne:

Marissa Arseneau  
Leila Beaudoin  
Kaylie Bellefleur  
Gabrielle Ouellette  
Julie Ouellette  
Jonathan Verret

Crabbe Mtn:

Lillie Coolen  
Lincoln Esau  
Mitch Grimmer  
Michael Leger  
Michelle Levesque  
Claire Logan  
Ariana Marquis  
Leland Morehouse  
Phillip Soicher  
Bess Teague  
Mina Teague  
Henrik Tønning  
Cathleen Trafton

Poley Mtn:

Michael Byrne  
Julie Daigle  
Ross LeMesurier  
Steve Loiseau  
Andrew McLean  
Robin Overing  
Rachelle Smith  
Neil Symington  
Evynn Topolinsky

Ski racing is a sport with many variables and dynamics. Qualifying athletes' physical preparedness can be useful in preventing injuries, conditioning and preparing an athlete for the rigors of competition. The Canada Alpine Ski Team uses a standard testing protocol designed by the National Sport Centre- Calgary to measure physical parameters important for success in ski racing. These same standard testing procedures were used in Sunday's event at Fredericton High School. The physiological parameters evaluated included aerobic power, lower body power and strength, anaerobic endurance, abdominal strength and balance. The results of the testing are then used to create an athlete specific program that focuses on any weak areas of an athlete's fitness level.

Athletes from Edmunston, Saint John, Fredericton and Moncton took part in the event. Retesting of the athletes will occur in October, with plans for early on snow training camps starting in mid November.

Other upcoming events for the NB Alpine Development Team will include team building gatherings, fundraisers and further training.