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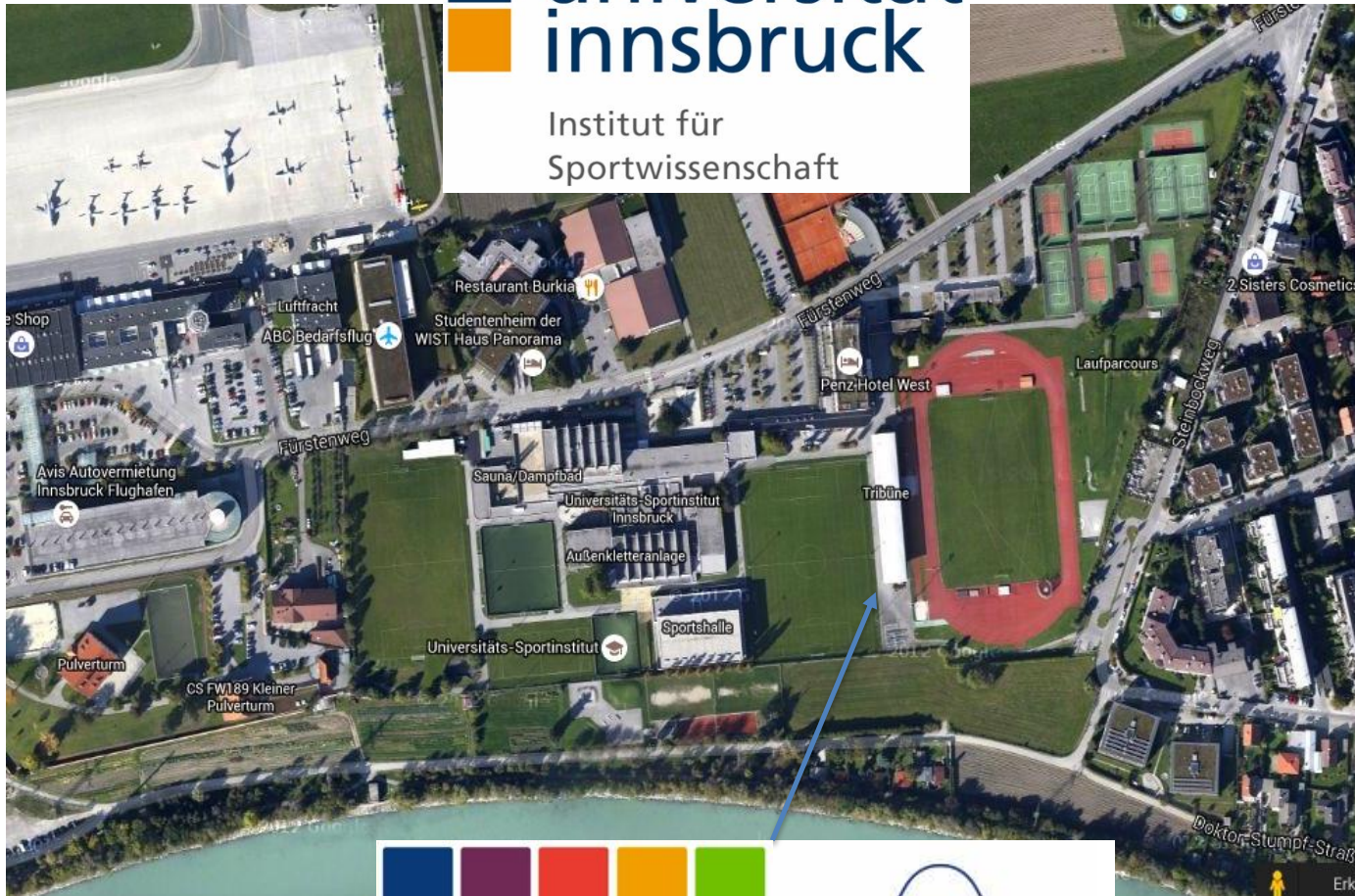
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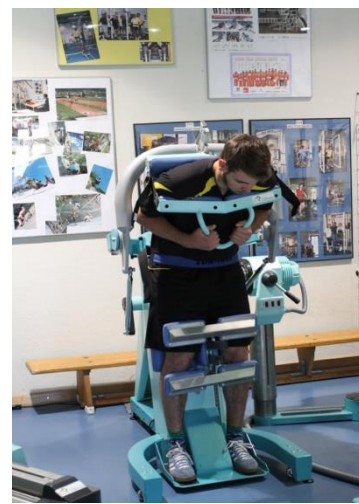
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SPORT SCIENCE:

20 years of performance testing with elite & junior athletes of the Austrian Ski Team & Skigymnasium Stams & ...



SPORT SCIENCE: Publications – Talent development

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Original articles

The relationship between ACL injuries and physical fitness in young competitive ski racers: a 10-year longitudinal study

Christian Raschner,¹ Hans-Peter Platzer,¹ Carson Patterson,¹ Inge Werner,¹ Reinhard Huber,² Carolin Hildebrandt¹



ORIGINAL RESEARCH
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Long-Term Athletic Development in Youth Alpine Ski Racing: The Effect of Physical Fitness, Ski Racing Technique, Anthropometrics and Biological Maturity Status on Injuries

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RESEARCH ARTICLE

Influential Factors on the Relative Age Effect in Alpine Ski Racing

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ORIGINAL RESEARCH

Injuries and illnesses in a cohort of elite youth alpine ski racers and the influence of biological maturity and relative age: a two-season prospective study

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Erich Müller³
Renate Oberhoffer⁴
Christian Raschner¹

Background: Studies on injuries and illnesses involving youth ski racers younger than 15 years are lacking in the literature. The aim of this study was prospectively to assess the incidence, prevalence, and severity of traumatic and overuse injuries, as well as illnesses of elite youth ski racers with regard to sex, biological maturity status, and relative age.

Subjects and methods: A prospective, longitudinal cohort design was used to monitor the anthropometrics, training characteristics, traumatic and overuse injuries, and illnesses of 82 elite

SPORT SCIENCE: Development and evaluation of **sport specific tests**



OPTIMIZING SNOWBOARD CROSS AND SKI CROSS STARTS: A NEW LABORATORY TESTING AND TRAINING TOOL

Christian Raschner, Hans-Peter Platzer, Carson Patterson, Mario Webhofer,
Armin Niederkofler, Sandra Lemberg and Esmeralda Mildner

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KEY WORDS: snowboard cross, ski cross, start testing device, sport specific
feedback training



Journal of Sports Sciences, 2009; 1–6, iFirst article

Routledge
Taylor & Francis Group

Performance-determining physiological factors in the luge start

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(Accepted 11 August 2008)

Abstract

In luge, the start is a performance-determining factor. Athletes spend several months in the off-season training to improve starting performance. The aim of this study was to evaluate the influence of different physiological factors on the luge start and identify an appropriate physiological test battery. Thirteen male members of the Austrian national luge team were

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