

Appendix

Appendix Table A1 Primary ACL-reconstruction prior to time of follow-up.

Variable	n (%) or mean $\pm$ SD (min.,max.)
ACL- reconstruction	27 (57 %)
Age at surgery (years)	14.8 $\pm$ 1.9 (11.5-19.5)
Time since injury at surgery (years)	5.9 $\pm$ 3.0 (0.5-11.1)
Reasons for ACL reconstruction according to chart reviews:	
Initial additional injury	4
Secondary injuries	2
Instability problems	19
Functional limitations	2
Involved ACL surgeons	14
ACL- graft	
Hamstring	24 (out of 27)
Patellar tendon (BTBPT)	2 (out of 27)
Quadriceps	1 (out of 27)
Surgical technique	
Transphyseal pediatric	7 out of 27
Post screw in tibia + Endobutton ®Smith & Nephew in femur	
Transphyseal adult	20 out of 27
BTBPT: Softsilk ®Smith & Nephew in tibia and femur	
Hamstrings: RCI in tibia + Endobutton ®Smith & Nephew in femur	
Quadriceps: Softsilk ®Smith & Nephew in tibia + Endobutton ®Smith & Nephew in femur	

Appendix Table A2. Meniscal injuries and surgeries in non-reconstructed patients.

PATIENTS WITHOUT ACL RECONSTRUCTION: Meniscal injury history index knee								
Patient #	Previously diagnosed meniscal ruptures			Meniscal surgical history			Current status at final follow-up (3 rd MRI scan)	
	Baseline ruptures	New or persistent ruptures	Time/ Months ⁱ	Surgery	Time/ Months ⁱ	Re-surgery	Meniscal ruptures	Other meniscal pathology
1	Lateral longitudinal-vertical posterior horn ^h	No		No		No	No	No
2	No	No		No		No	No	No
3	No	Medial displaced bucket handle ^{n h}	13	Suture fastfix	13	No	No	Postoperative; medially
4	No	Lateral longitudinal-vertical ^{n p}	35	No		No	Lateral; small flap in anterior horn + vertical-longitudinal in corpus and posterior horn	No
5	No	No		No		No	No	No
6	No	No		No		No	No	No
7 left	No	No		No		No	No	No
7 right	No	No		No		No	No	Possible previous rupture of Wrisbergs ligament. Slight elevation and surface irregularity of posterior horn laterally, meniscus body intact and in place.
8	No	No		No		No	No	No
9	Incomplete longitudinal-vertical medial ^h and lateral ^h	No		No		No	No	No
10	Lateral longitudinal-vertical posterior horn ^s	Longitudinal incomplete close to capsula posterior horn ^h	2	Trephination	2	No	No	No
11	Lateral longitudinal-vertical meniscus ^h	Medial longitudinal vertical (meniscocapsular rupture) ^{n h}	25	No		No	No	No
12	No	No		No		No	No	No
13	No	No		No		No	No	No

14	Lateral longitudinal-vertical posterior horn ^s	Lateral longitudinal-vertical posterior horn ^s		No		No	Lateral longitudinal-vertical posterior horn (oblique) ^s	No
15	No	No		No		No	No	No

PATIENTS WITHOUT ACL RECONSTRUCTION: Meniscal injury history index knee

Patient #	Previously diagnosed meniscal ruptures			Meniscal surgical history			Current status at final follow-up (3 rd MRI scan)	
	Baseline ruptures	New or persistent ruptures	Time/ Months ⁱ	Surgery	Time/ Months ⁱ	Re-surgery	Meniscal ruptures	Other meniscal pathology
16	Medial meniscus ^h	No		No		No	No	No
17	No	No		No		No	No	No
18	Medial displaced bucket handle ^h and incomplete lateral longitudinal-vertical posterior horn ^p			Suture fastfix+ inside-out medially	2	No	Lateral posterior horn complex	Postoperative change medially
19	Anterior horn medial meniscus ^h	No		No		No	No	No
20	No	No		No		No	No	No

Time/Monthsⁱ months since time of injury

^h healed tear (A healed meniscal tear is in this instance one which is not present or visible on final follow-up MRI (normal meniscus appearance)).

^p progressed tear

^s the tear remain the same

Appendix Table A3. Meniscal injuries and surgeries in ACL reconstructed patients.

PATIENTS WITH ACL RECONSTRUCTION								
Patient #	Previous meniscal ruptures			Meniscal surgical history			Current status at final follow-up (3 rd MRI scan)	
	Baseline ruptures	New or persistent ruptures	Time/ Months ⁱ	Surgery	Time/ Months ⁱ	Re-surgery (+time ^s)	Meniscal ruptures	Other meniscal pathology
1	No	Medial longitudinal-vertical meniscus ^{n h}	37	No		No	No	No
2	Lateral, longitudinal-vertical incomplete posterior horn ^h	Medial bucket handle ^{n h}	42	Suture fastfix (18 months after ACL-R)	42	No	No	Postoperative; contour change medially
3	Lateral longitudinal-vertical incomplete posterior horn ^h	No		No		No	No	Possible previous menisco-popliteal fascicle rupture inferior and superior
4	No	No		Partly deattachment of lateral anterior horn during ACL-R	80	No	No	Postoperative; lateral anterior horn degeneration
5	Lateral longitudinal-vertical corpus and posterior horn ^p	Lateral displaced bucket handle	28	ACL-R + Suture fastfix	29	No	Lateral complex corpus/posterior horn	Postoperative; laterally
6	No	Lateral longitudinal vertical posterior horn ^{n p}	39	Suture fastfix (42 months after ACL-R)	55	No	Lateral complex corpus/posterior horn	No
7	No	No		No		No	No	No
8	Lateral horizontal Posterior horn ^p	Lateral small flap	125	ACL-R + Partial resection	16	Partial resection of flap tear (109 months after ACL-R)	No	Postoperative; degeneration of the remainder of the meniscus with intrameniscal signal. > 50 % meniscal tissue appear to be intact
9	No	No		No		No	No	No
10	Lateral longitudinal-vertical incomplete ^p	Lateral displaced bucket handle	55	ACL-R + Subtotal meniscectomy (80% resected according to operation note)	57	No	No	Postoperative; loss > 50 % of meniscal tissue laterally posterior horn and corpus, meniscus not extruded.
11	Medial longitudinal-vertical ^p and lateral radial	Displaced medial bucket handle + lateral radial tear in mid corpus	14	Suture fastfix medially + partial resection laterally	14		Horizontal rupture medially in area of suture.	Postoperative change medially. Meniscal tissue seem intact.
12	Lateral longitudinal-	Lateral bucket handle ^h	6	Suture fastfix	6	No	No	No

	vertical posteriorly ^p							
PATIENTS WITH ACL RECONSTRUCTION								
Patient #	Previous meniscal ruptures			Meniscal surgical history			Current status at final follow-up (3 rd MRI scan)	
	Baseline ruptures	New or persistent ruptures	Time/ Months ⁱ	Surgery	Time/ Months ⁱ	Re-surgery (+time ^s)	Meniscal ruptures	Other meniscal pathology
13	No	No		No		No	Medial radial flap mid corpus+ complex posterior horn ⁿ	Postoperative; degeneration posterior root medially
14	Medial displaced bucket handle			Suture inside-out	7	Resection (6 months after suture), ACL + re-resection (36 months after suture) 4/5 of meniscus resected according to final operation note	No	Postoperative; nearly complete loss of meniscal tissue medially extrusion of rest meniscus
15	Medial displaced bucket handle			ACL-R Suture + fastfix	2	No	Medial horizontal in corpus and complex/radial posterior horn	Postoperative: medially
16	Medial complex posterior root ^h			No		No	No	No
17	No	Lateral longitudinal vertical rupture posteriorly ⁿ		ACL-R + Suture fastfix	38	Acute surgery warranted; had subtotal resection directly following MRI3	Displaced lateral bucket handle with posterior radial tear	Loss of most of lateral meniscus
18	Medial longitudinal-vertical posterior horn	Medial radial tear posterior horn and lateral longitudinal-vertical rupture ^{n h}	37	Resection medially (intact meniscal ring according to operation notes) Incomplete inferior rupture lateral left in situ	96	No	No	Postoperative change- some loss of meniscal tissue medially and extruded meniscus. Degenerative lateral meniscus.
19	No	No		No		No	Lateral flap tear posteriorly ⁿ (not present at ACL-R)	Deform lateral root
20	No	Displaced Lateral bucket handle posterior 2/3 of meniscus ⁿ	81	Suture fastfix	81	Re-suture after MRI3 (21 months)	Complex tear lateral posterior root and horizontal component in corpus	Postoperative; laterally

						after ACL-R + repair)		
21	Lateral complex posterior horn ^h	No, normal at ACL-R and MRI1-2		No		No	No	No
PATIENTS WITH ACL RECONSTRUCTION								
Patient #	Previous meniscal ruptures			Meniscal surgical history			Current status at final follow-up (3 rd MRI scan)	
	Baseline ruptures	New or persistent ruptures	Time/ Months ⁱ	Surgery	Time/ Months ⁱ	Re-surgery (+time ^s)	Meniscal ruptures	Other meniscal pathology
22	No	Medial meniscus ^{h n}	23	No		No	No	No
23	Incomplete lateral longitudinal-vertical posterior horn ^p	Medial longitudinal-vertical posterior horn ⁿ (progressed to displaced medial bucket handle at surgery)	2	Suture fastfix + partial resection of discoid medial meniscus and cyst on medial anterior horn + reseksjon av anterolateral flap rupture	78	No	Medial radial tear near root and longitudinal in corpus. Lateral posterior horn, horizontal with possible flap or rotavulsion.	Postoperative ; some loss of meniscal tissue, different shape of posterior horn and extrusion medially, slight extrusion laterally.
24	No	Medial displaced bucket handle ⁿ	12	Suture fastfix (without ACL-R)	12	Partial resection of corpus and posterior horn (50%) at ACL-R (50 months after suture)	No	Postoperative; medially, some loss of medial meniscal tissue, slight extrusion medially
25	Medial longitudinal-vertical incomplete posterior horn ^p	Medial small flap tear posterior horn	44	Partial resection of medial flap tear (10 months after ACL-R)	45		No	No
26	Medial longitudinal-vertical posteriorly ^h			Suture fastfix	7	No	Small lateral flap tear on posterior horn ⁿ	Postoperative change medially
27	No	Lateral longitudinal-vertical posterior horn ^{n p}	63	Suture fastfix	63	Partial resection Lateral root (50 % of tissue intact according to operation notes, but a radial tear close to the root) (18 months after ACL-R and suture)	Lateral longitudinal vertical rupture posterior horn	Postoperative change; laterally some loss of meniscal tissue in corpus and posterior root, extrusion of lateral meniscus

Appendix Table A4. ACL status and other knee pathology in non-reconstructed patients.

PATIENTS WITHOUT ACL RECONSTRUCTION: Surgical history and knee pathology other than meniscal injuries									
Patient	Surgical history				Status at final follow-up (3 rd MRI scan)				
#	Surgery	Time/ Months ⁱ	Re-surgery	Time/ Months ^s	ACL	Cyclops	Cartilage injury	Other pathology Index knee	Contralateral Injury
1	No		No		Partial	No	Medial patella grade 2 < 1 cm ²	No	Meniscus: Lateral complex; corpus and posterior horn
2	No		No		Atrophic	No	No	No	No
3	Meniscal repair	13	No		No ACL	No	No	No	No
4	No		No		No ACL	No	No	No	No
5	No		No		No ACL	No	No	No	No
6	No		No		Atrophic	No	Medial patella grade 3 < 2 cm ²	No	No
7 left	No		No		No	No	No	No	No
7 right	No		No		No	No	No	No	Previous rupture of Wrisbergs ligament?
8	No		No		Atrophic	No	No	No	No
9	No		No		No ACL	No	Medial Patella grade 2 < 2 cm ²		Cartilage: Medial patella grade 2 < 1 cm ²
10	Diagnostic arthroscopy due to persistent extension deficit. Resected bony cyclops and ACL remnant + meniscal trepanation.	2	No		No ACL	No	No	No	No
11	No		No		No ACL	No	No	Subchondral fracture central lateral femur condyle < 1 cm ²	No
12	No		No		No ACL	No	No	No	No

13	No		No		Partial	No	No	No	No
PATIENTS WITHOUT ACL RECONSTRUCTION: Surgical history and knee pathology other than meniscal injuries									
Patient	Surgical history				Status at final follow-up (3 rd MRI scan)				
#	Surgery	Time/ months	Re-surgery	Time/ months	ACL	Cyclops	Cartilage	Other pathology	Contralateral Injury
14	No		No		No ACL	No	No	No	No
15	ACL cyst removal index knee	13	No		Partial	No	No	No	No
16 open epiphysis at MRI	No		No		No ACL	No	No	No	No
17	No		No		No ACL	Yes, small	No	No	No
18	Meniscal repair	2	No		No ACL	No	No	No	No
19	No		No		No ACL	No	No	No	No
20	No		No		No ACL	No	No	No	No

Time/

Monthsⁱ Time in months from injury

Time/

Months^s Time in months from primary surgery

Appendix Table A5. ACL status and other knee pathology in ACL reconstructed patients.

PATIENTS WITH ACL RECONSTRUCTION									
Patient	Surgical history				Status at final follow-up (3 rd MRI scan)				
#	ACL surgery	Time/ Months ⁱ	Re-surgery	Time/ Months ^s	ACL	Cyclops	Cartilage Injury	Other pathology Index knee	Contralateral Injury
1	ACL-R	30	No		Intact graft	No	No	No	No
2	ACL-R	24	Meniscal repair	18	Intact graft	No	Postero- lateral tibia grade 4 1 cm	Traumatic neuroma tibial nerve index knee	No
3	ACL-R	24	No		Intact graft	No	No	No	No
4	ACL-R	80	No		Intact graft	Yes, small	No	No	No
5	ACL-R	29	No		Intact graft	No	No	No	Meniscus: Medial complex + flap tear, posterior horn and corpus.
PATIENTS WITH ACL RECONSTRUCTION									
Patient	Surgical history				Status at final follow-up (3 rd MRI scan)				
#	ACL surgery	Time/ Months ⁱ	Re-surgery	Time/ Months ^s	ACL	Cyclops	Cartilage Injury	Other pathology Index knee	Contralateral Injury
6	ACL-R	13	Meniscal repair	42	Intact graft	No	Lateral tibia grade 4 < 1 cm and lateral femur grade 3 < 1 cm	No	No
7	ACL-R	100	No		Intact graft	No	No	No	No
8	ACL-R + meniscal resection	16	Lateral meniscal resection	109	Intact graft	No	Lateral femur grade 4 Fissure < 1cm	Meniscus: Degeneration; horizontal signal in rest of meniscus	No
9	ACL-R	61	No		Intact graft	Yes, small	No	No	Cartilage: Medial patella grade 1 < 1 cm ²
10	ACL-R + meniscal resection	57	No		Intact graft	No	Laterale femur grade 4 < 2 cm (fissure)	No	Cartilage: Mediale femur grade 1-3 < 2 cm (fissures)
11	ACL-R + meniscal	14	No		Intact graft	No	No	No	No

	repair and resection								
12	ACL-R + meniscus repair	6	Removed AO screw (post for fixation in tibia)	33	Intact graft	No	No	No	No
13	ACL-R	37	No		Intact graft	No	Medial femur grade 4 < 1 cm	No	No
14	ACL-R (80 % of medial meniscus previously resected) ^A	43	No		Intact graft		Medial femur and tibia in area for meniscectomy, both grade 2 <1 cm	Small osteophyte on tibia in area for meniscectomy, slight bone spur formation in notch	No
15	ACL-R + meniscal repair + resection	2	No		Intact graft	No	No	No	No
16	ACL-R	16	Cyclops resection	10	Intact graft	No	No	No	No
PATIENTS WITH ACL RECONSTRUCTION									
Patient	Surgical history			Status at final follow-up (3 rd MRI scan)					
#	ACL surgery	Time/ Months ⁱ	Re-surgery	Time/ Months ⁱ	ACL	Cyclops	Cartilage Injury	Other pathology Index knee	Contralateral Injury
17	ACL-R + meniscal repair	38	Lateral meniscal subtotal resection (after MRI3)	72	Graft rupture	No	Lateral tibia grade 4 < 1 cm ² , Lateral femur grade 2 < 0,5 cm ²	Hydrops	No
18	ACL-R + medial resection	96	Lavage and debridement x 2 due to postoperative infection	< 1	Intact graft	No	No	Slight spur formation in notch .	No
19	ACL-R	97	No		Intact graft		No	No	No
20	ACL-R+ meniscal repair	81	Meniscal re-suture	21	Intact graft	No	No	No	Cartilage: Medial patella grade 2 < 1 cm
21	ACL-R	14	No		Intact graft	No	No	No	No
22	ACL-R	65	No		Intac graft	No	Medial patella grade 2 < 1 cm	Bone marrow lesion posteromedial femur < 2 cm	Cartilage: Grade 2 injury medial patella Osteochondral fracture <0,5 mm medial

									femur (seen also in 2011) with intact cartilage over
23	ACL-R + repair + resection	78	No		Intact graft	Yes, small	Medial femur condyle grade 2 <1 cm	No	No
24	ACL-R + resection (prior meniscal repair)	58	No		Edematous and slack graft	No	No	Slight bone spur formation in the notch	No
25	ACL-R (incomplete meniscal tear left in situ)	35	Revision ACL+ partial meniscal resection	+10	Intact graft	No	No	No	No
PATIENTS WITH ACL RECONSTRUCTION									
Patient	Surgical history				Status at final follow-up (3 rd MRI scan)				
#	ACL surgery	Time/ Months ⁱ	Re-surgery	Time/ Months ^s	ACL	Cyclops	Cartilage Injury	Other pathology Index knee	Contralateral Injury
26	ACL-R + meniscal repair	7	No		Intact graft	No	Lateral tibia grade 4 < 1 cm, Lateral femur posterior grad 2 and Medial patella grade 2	Slight bone spur formation in the notch and on tibia near joint line	No
27	ACL-R + meniscal repair	63	Meniscal resection	18	Intact graft	No	No	No posterior defect lateral patella	No

Appendix Table A6. Activity level and sports participation among ACL-non-reconstructed and ACL reconstructed patients.

PATIENTS WITHOUT ACL RECONSTRUCTION							
Patient #	Baseline characteristics			Return to sport		Activity level at follow-up (after 8 years)	
	Sex	Age at injury	Activity level (main sport)	Activity level	Reduction in activity level	Activity level	Sport participation
1	M	11.9	Level 1 (Soccer, Alpine skiing)	Level 1	Quit competitive alpine skiing due to fear of new injury.	Level 1	Soccer, tennis (3 times a week)
2	M	12.3	Level 2 (Cycling)	Level 2	Due to interest.	Level 3	Swimming (2 x week)
3	F	9.9	Level 2 (Alpine skiing, dancing)	Level 2		Level 2	Dancing, yoga (5 times a week)
4	F	10.5	Level 2 (Alpine skiing)	Level 2		Level 4	No sports participation
5	M	11.3	Level 1 (Cycling, martial arts)	Level 1		Level 1	Soccer, alpine skiing (1-2 times a week)
6	M	12.4	Level 1 (Soccer)	Level 1	Due to interest	Level 3	Strength training
7 bilateral	M	11.7	Level 1 (Soccer, handball)	Level 1		Level 1	Soccer, running (1 time a week)
8	M	12.2	Level 2 (Alpine skiing, swimming)	Level 2	Unclear	Level 4	Not sports active
9	M	8.6	Level 1 (Handball)	Level 1	Lost interest	Level 3	Strength training (4-5 times a week)
10	M	12.2	Level 1 (Alpine skiing)	Level 1		Level 1	Soccer, bandy (3-4 times a week)
11	M	12.9	Level 1 (Twintip)	Level 1		Level 3	Strength and running /2-3 x week
12	M	8.2	Level 2 (Alpine skiing)	Level 2		Level 3	Cross-country skiing
13	M	10.8	Level 1 (Alpine skiing)	Level 2	Due to preferences in sporting career	Level 3, national level	Cross country skiing (national level), running, strength training (9-12 times a week)
14	M	10.3	Level 1 (Alpine skiing, soccer)	Level 1		Level 1	Soccer, Physical education (once a week)
15	F	11.5	Level 2 (Alpine skiing, soccer)	Level 2	Lost interest	Level 3	Cycling/BMX
16	M	No	Level 1	Level 2	Reduced activity due to back problem.	Level 3	Swimming, hiking 2-3 x week
17	M	8.9	Level 1 (Soccer)	Level 1	Reduced level of activity due to knee function	Level 3	Strength training 3-4 x week
18	M	13	Level 1 (Twintip, cycling)	Level 2		Level 3	Weight lifting (5x week)
19	F	7.0	Level 1 (Alpine skiing)	Level 1		Level 1	Soccer (2-3 x week)
20	M	13	Level 1 (Skateboard)	Level 2	Did not return to skateboard, felt unsafe on the board	Level 2	Alpine skiing, strength training (1-2 x week)

PATIENTS WITH ACL RECONSTRUCTION							
Patient #	Baseline characteristics			Return to sport		Activity level at follow-up (after 8 years)	
	Sex	Age at injury (ACL-R)	Sports Participation	Activity level	Reduced activity level	Activity level	Sport participation
1	F	11.3 (14)	Level 1 (Soccer)	Level 1		Level 2	Dancing, jogging, dance education 6 x week
2	M	11.2 (12)	Level 1	Level 2		Level 3	Weightlifting, climbing (3-7 times a week)
3	F	12.7 (15)	Level 2 (Alpine skiing)	Level 2		Level 2	Alpine skiing
4	F	10.7 (17.5)	Level 2 (Alpine skiing)		Reduced activity due to knee function	Level 3	Strength training, running
5	F	9.7 (12)	Level 2 (Athletics, alpine skiing)	Level 2	Lost interest	Level 3	Strength training
6	F	13 (14)	Level 1 (Soccer)			Level 3	Strength training and running
7	F	8.8 (17)	Level 1 (Alpine skiing, soccer, handball)	Level 2	Lost interest	Level 3	Strength training, aerobic training (3 x week)
8	M	12.4 (13.5)	Level 1 (Soccer)	Level 2	Due to knee function	Level 3	Strength training (4 times a week)
9	M	10.9 (16)	Level 1 (Alpine skiing)	Level 1		Level 2	Cross country (national level), alpine skiing, cycling (5-8 times a week)
10	M	9.6 (14.5)	Level 1 (Cross-country skiing)	Level 1		Level 1	Soccer- soccer academy (6-8 times a week)
11	M	11.3 (11.5)	Twintip			Level 3	
12	M	11.4 (13)	Trampoline			Level 3	
13	M	12.5 (15.5)	Level 1 (Soccer)	Level 1		Level 1	Soccer, alpine skiing, strength training
14	F	10.5 (14)	Level 1 (Handball, climbing)	Level 3		Level 3	Strength training, jogging, yoga (1-3 times a week)
15	M	12.9 (13)	Level 1 (Soccer)	Level 1		Level 1	Soccer (4-5 times week)
16	F	11.9 (14.5)	Level 1 (Handball)	Level 3	Due to knee function	Level 3	Strength training, hiking (2 times week)
17	M	12.7 (15.8)	Level 1 (Soccer)	Level 2	Due to knee function	Level 3	Strength training (2 times a week)
18	F	11.5 (19.5)	Level 1 (Soccer)	Level 3	Due to knee function	Level 3	Strength training (2-3 times a week)
19	M	9.3 (17.5)	Level 1 (Ski jumping)	Level 1	Due to the knee function	Level 3	Strength training (5-7 times a week)
20	M	10.3 (17.0)	Level 1 (Alpine skiing)	Level 1	Due to the knee function	Level 3	Strength training (4-6 times a week)

PATIENTS WITH ACL RECONSTRUCTION							
Patient #	Baseline characteristics			Return to sport		Activity level at follow-up (after 8 years)	
	Sex	Age at injury (ACL-R)	Sports Participation	Activity level	Reduced activity level	Activity level	Sport participation
21	F	12.5 (13.5)	Level 1 (Handball)	Level 4	Due to knee function and fear of new injury	Level 4	Hiking, walking (1-2 times a week)
22	M	9.6 (15)	Level 1 (Motor cross, soccer)	Level 3		Level 4	No sport
23	M	9.5 (16.5)	Level 1 (Soccer)	Level 1		Level 1	Soccer, running (2 times a week)
24	F	12 (17)	Level 1 (Trampoline)	Level 2	Due to knee function	Level 3	Strength training (3-4 times a week)
25	M	10.6 (13.5)	Level 1 (Soccer, alpine skiing)	Level 2	Not returned fully due to knee function	Level 2	Alpine skiing, strength training (6 times a week)
26	F	12.6 (13.2)	Level 1 (Soccer)	Level 1		Level 3	Strength training, running (5 times a week)
27	M	9.8 (15)	Level 2 (Trampoline, Alpine skiing)	Level 2		Level 2	Alpine skiing -national level (9 times a week)