

TEAM GILBOA

Equipment Recommendations

<u>US Ski Training Phase:</u>	Phase 2	Phase 3	Phase 4	Phase 5
<u>Biological Age:</u>	Late Childhood	Pre-puberty before growth spurt	Puberty and growth spurt	Post Puberty after Growth Spurt
<u>Chronological Age:</u>	6-10 years old	Girls: 9-13 Boys: 10-14	Girls: 11-15 Boys: 12-16	Girls: 12-17 Boys: 14-18
<u>Years in the Sport:</u>	2-5 years in sport	4-7 years in sport	5-8 years in sport	6-11 years in sport

	Jr Race	U10	U12	U14	U16	U19/FIS
<u>Skis:</u>	1 pair of skis is sufficient for this group. Head height with a variation based on height, weight, and skill level. Introduce ski preparation	Slalom and GS skis. Develop tuning skills	Slalom and GS skis. Further understanding of wax types and ability to get edges sharp.	Slalom and GS skis with training skis. Tuning skills continue to improve. Confident in ability to tune for a variety of conditions Skis must conform to USSA/FIS Regulations		
<u>Boots:</u>	Proper boot fit with soft forward flex for ankle movement to facilitate a balanced athletic stance	Proper boot fit and flex are critical for performance. Boots facilitate interaction with the ski.	Proper boot fit and flex are critical for performance. Boots facilitate interaction with the ski. Performance considerations may include flex, cant, forward lean, ramp angle, and foot beds.	Proper boot fit and flex are critical for performance. Boots facilitate interaction with the ski. Performance considerations may include flex, cant, forward lean, ramp angle, and foot beds.		
<u>Protection:</u>	Helmet required. Older athletes may need shin guards	Head, hand, and shin protection recommended based on event	Head, arm, hand, back, teeth (mouth guard) and shin protection recommended based on event	Head, arm, hand, back, teeth (mouth guard) and shin protection recommended based on event		
<u>Poles:</u>	Standard length = forearm horizontal with pole tip in snow	GS-standard length. SL-pole guard for blocking and protection, pole may be slightly shorter	GS-standard length. SL-pole guard for blocking and protection, pole may be slightly shorter	GS-standard length. SL-pole guard for blocking and protection, pole may be slightly shorter.		

