

REQUIRED

A Race Helmet that covers ears is mandatory! For Slalom (SL) skiing you need a face guard. We will practice and race SL with the face guard. The face guard must be removed for Giant Slalom (GS).

Goggles are mandatory for practice and races. Unbreakable lens to protect eyes. Clear lens for night and tinted for sunny days.

Maintenance

Start the season by having skis professionally serviced by a ski shop. Have the bindings tested and set to the correct settings for your skiers ability level and size. It is very important that any used equipment be checked by a professional before use. **Your athletes safety and well being depend on proper ski setup and binding release!**

Waxing and sharpening do not need to be complex for beginning racers. Liquid, paste, or rub-on waxes can be used along with a simple edge sharpener. Base edges can be set by a ski shop once for the season. Outside edges, to maintain sharpness can then be touched up before practices and races. Here is a quick video on sharpening.

<https://www.youtube.com/watch?v=oG9WqmW2ktU>

And another two on waxing and wax selection

<https://www.youtube.com/watch?v=D-XCWhvStd4>

https://www.youtube.com/watch?v=ZrONZK_rKj8

Skis

Variations in length are made for individual racers skill, weight, and/or abilities. Note that there are no standards for ski flex. Each manufacturer, model, etc. will have a different flex, from very soft to very stiff. It is best to utilize a dedicated race ski. Recreational skis, not designed for racing, will be quickly outgrown and/or will not hold a turn properly for racing.

If you are in your first year of racing and have recreational skis a dedicated SL race ski would be a good choice if you will be using one pair of skis for both SL and GS events. SL race skis should be about chin height. Some manufacturers also have a combo SL/GS race ski that will work well for a first year athlete. Most of our skiers will be in 150cm to 156cm skis.

Giant Slalom (GS) skis should be about the same height as the athlete. Generally speaking most GS skis for our team will be under 175cm in length with a radius of about 18m.

There are both junior race skis, adult race skis, and tweeners. The construction of the skis will vary between the types. Junior race skis will be lighter and easier to flex than tweeners. Tweeners will be stiffer than junior skis. Adult race skis will be heavier and a stiffer flexing ski than both Junior and Tweeners. Lightweight, less experienced skiers will have a hard time turning an adult race ski. Larger more aggressive skiers will overpower junior skis. Skiers under 125 pounds should generally be on a junior ski. Adult skis can be used by more experienced, more aggressive, and heavier skiers over 135 pounds.

Boots

Good fitting boots are the most important piece of equipment you will have. Boots should be comfortable, yet tight fitting. You do not want your foot sliding around inside. Remember that liners will pack out and conform to your foot. If they are too loose to begin with the boots will only get looser. It is best to have a ski shop measure your feet since shoe sizes do not always translate to boot sizes. Larger and higher skilled skiers are usually in stiffer boots.

How to size boots

1. Remove the liner from the boot
2. With a ski sock on place your foot in the shell with no liner. No need to buckle.
3. Move your foot forward in the shell until your toes barely touch the front of the boot.
4. With your foot forward in the shell, slide a finger behind your foot. If you can fit one finger in the space you have the correct size. If you can fit more than one finger behind your foot or there is a gap you should try on a smaller size.
5. Once you think you have the proper size, place the liner back in the boots and try them on.

Boots should be snug, but not painful. Ski shops can modify boots to adjust pressure points and add insoles if needed. Remember you will need to be in the boots for several hours during practice and races. Take the time to try on several boots, from several manufacturers.

Poles

To size poles turn them upside down and hold them underneath the basket. With your arm alongside your body your elbow will be at a 90 degree angle if the poles are sized correctly. Pole guards for SL are optional.

Socks

Socks can complement boot fit and performance. Purchasing several pairs of good ski socks to keep feet warm and dry is a good idea.

Used Equipment

Used equipment can be a great way to get started in the sport of ski racing. However, know that older equipment can come with risks. Boots may be worn out and not fit in bindings correctly. Skis should be checked to see if they are still serviceable. Manufacturers indemnify bindings for specific period of time and older bindings may not be serviceable and will not be safe for use. Ski shops can tell you if a binding is safe to use. Bindings should be firmly attached to the ski. Ski bases should be flat, without major gouges or grooves. Edges should have plenty of metal left to grip the snow and for sharpening. Your best bet with used equipment is to know before you buy!