

CHS Ski Team Equipment

Have:

- All athletes need to have their own skis, boots, poles, helmet, and goggles. These can be purchased or leased from various vendors in the area. If you have questions, please ask.
- Helmets are mandatory, all of the time, for both training and racing. If an athlete does not have their helmet, they are not allowed to train or race. Helmets and skis must comply with regulations. Please refer to the Equipment Guide below for more details.
- We ski in all types of weather, so please be prepared and dress accordingly each day. Don't forget that the temperatures and conditions can fluctuate greatly. It's best to have more clothes and not need them, than to not have enough to wear.

Always:

- Always put your name on everything!
- A lot of equipment and apparel looks the same and can be easily mixed up in the lodge or out on the rack.
- Use a permanent marker to label (on the equipment to tape) everything you have!

Equipment Guide

Helmet

All athletes need them all the time and they should be hard shelled helmets (no soft ear flaps). Here are a few of the key racing regulations:

- Helmets must cover the ears and the ear cover must be hard, not soft.
- Helmets with spoilers or edges that stick out are not permitted
- Helmet mounted cameras are not permitted for training or competition

Skis

Newer or first time racers only need one pair of skis for both SL and GS. I recommend getting a "mid length" SL ski. As racers advance and age, they

will perform better on discipline specific skis. General guidance would be 2 pairs of skis for experienced racers who have high expectations or when it's something you can afford and want to do.

In general ski length can be tested as follows: For SL, the ski should be between the chin and nose For a GS ski, the ski should go to the top of the head. With either SL or GS ski for the venues we will ski, for a given ski length, a shorter turn radius is better (the radius is printed on the ski with the other measurements).

Boots

Proper boot fitting is essential for success. The **appropriate flex** for an athlete's size, strength, and skill is crucial for allowing the athlete to carve the ski. **Make sure your athlete can flex the boot at the ankle!** Please make sure that boots are buckled appropriately as well, loose buckles may be more comfortable but they hinder performance.

Poles

Younger and first time racers only need one pair of poles for both SL and GS. Once athletes start to cross block SL gates, we recommend two pairs of ski poles, because racers shouldn't use pole guards when running GS. To see if the ski pole is the right length, use the following test:

1. Flip the pole upside down
2. Stand straight
3. Grab the pole under the basket
4. Tuck the elbow to your side with the forearm at a 90 degree angle

If the forearm is not at 90 degrees, but slopes up slightly that is fine. If it slopes down, the pole is too short. If it slopes up more than a few degrees, it is too long.

Speed Suit

Speed suits are **completely optional**. Newer and first time racers usually forgo this expense and race in their coats and jackets. As racers progress, they feel faster and more confident racing in a speed suit. Remember, if an athlete uses a speed suit, they will want to have pants that zip-off completely without requiring them to remove their boots.

Protective gear

Helmets (and chin guards) are mandatory, but other protective gear is **optional**. These items may include shin guards, pole guards, and padded clothing.

- SL – As athletes start to clear SL gates, they will want pole guards. Any athlete cross blocking SL gates needs shin guards and pole guards.
- GS – As an athlete tighten their race line in GS, they will start to brush the GS panel at high speeds. Padded clothing and forearm guards protect the athlete's arms and shoulders from the impact with the panels.

Ski Tuning

Keep skis tuned and waxed by either yourself or a shop. It really helps the athletes in training for skis to be tuned weekly. Wax often, particularly after a stone grind. Your athlete is at a disadvantage in practice as well as in races if their skis are not properly sharpened. This will allow them to develop the confidence that their skis will hold.