

## Parent Resources: 2016-2017 Season

### Ski Clothing/Equipment Needs:

1. Generally, U14/U16's only need one pair of SL, one pair of GS, and sometimes one pair of SG skis. As athletes become U19-FIS age and older, they use two pairs for SL, two pairs for GS, and one pair for SG. Prior to those ages please ask your coach/program director. **U16s must have a minimum of 17 m radius GS ski for men and women. U19s must have a GS ski with a 25m radius minimum for women and a 30m radius ski for men.**
2. If you have questions, speak with your Head Coach or primary coach to determine your needs.
3. Ski Straps-three straps for each pair of skis.
4. Boots-one pair for most athletes is sufficient. We recommend custom foot beds. We feel that flex, fit, alignment/canting issues are best addressed by our shop partners.
5. Poles-one pair for SL with SL guards, one pair for GS with a GS bend. It is not safe to practice and race GS with slalom guards on your poles.
6. Helmet-Required for all skiing. One helmet is sufficient for most if it has a removable SL bar that can be taken off for GS/SG/training. **Athletes U14 and older must use helmets that meet the new FIS standards for all USSA GS, SG and DH competitions. If there is no sticker on the helmet, there will be no start allowed in USSA competitions. Soft ears are only allowed in slalom.** In their backpack all athletes should carry a screwdriver and extra screws for the SL bar as these screws are easily lost in taking the bar on and off. The helmet needs to be examined regularly for cracks, dents, and should be replaced if any are found, or if the helmet has been subject to a hard impact even if it appears OK on the outside.
7. Mouthguard-We recommend a mouthguard for SL training and racing in addition to a SL bar. It is our experience that athletes who choose to not wear a SL bar or a mouthguard will sooner or later suffer a very painful and often expensive loss of teeth or other facial injury.
8. Shin guards are necessary for all SL training and racing.
9. Competition Suit-one non-padded suit is sufficient for younger athletes. Older athletes sometimes have a second padded suit for SL and GS.
10. Stealth padding-we recommend that all athletes have a padded "stealth" arm/upper back protector that they wear under their competition suit for SL and GS. Additional arm protection may be worn on the outside of the suit on the forearms.
11. Back Protector-we strongly recommend that athletes wear a back protector for ski training and racing.
12. Goggles and lenses. We recommend that athletes have two pairs of goggles with extra lenses for different light conditions (day/night) and in a protective bag/case. The second pair is often important at

training and races when the first pair gets wet and begins to fog. You will want a yellow or clear lens for night training.

13. Clothing-Warm winter jacket and zip-off warm up pants are necessary. In addition, a lighter shell jacket or vest for training is recommended. SL shorts are optional but can be functional. Please no suspenders hanging down or hoods on while training. Simulating race wear when training is ideal.

14. Ski Specific Socks. Usually the best socks are very thin, polypropylene socks. It is highly recommended to carry extra pairs of socks in your backpack that can be exchanged when the original socks get wet. This is critical to keep feet warm.

15. Boot Heaters. Highly recommended for any athletes that have had frostbite problems in the past or for any reason have trouble with circulation or keeping feet warm.

16. Boot Dryers. It is critical that ski boots are bone dry each day before skiing and this is very difficult to achieve without good boot dryers. Dry boots are warm boots and will keep bacteria and stench away. The boot liners and footbeds will also last longer and dry boots promote foot health.

17. Gloves/Mittens – having two pairs is important. We recommend one pair of cold weather gloves/mittens and one pair of spring weight that should be kept in the backpack in case other gloves are misplaced.

18. Sun Block- With the reflection off of the snow, the sun is very intense even when it is cloudy. Therefore, we highly recommend that all athletes always wear sun block (SPF 30+) when skiing and should keep a supply in their backpacks at all times.

19. Snacks and water bottles. In their backpacks, all athletes should have a bottle of water or sports drink, and snacks (like energy bars or gel, gummy snacks, etc.) in order to hydrate a little each run as well as eat periodically during the training session.