

LAKE LOUISE SKI CLUBS

EQUIPMENT RECOMMENDATIONS

Important - Having the proper equipment and the proper fit is crucial for a successful season!!

It is the Coaches job to guide the athletes through skill development encouraging personal and athletic growth. The success for each child will be limited if their skis are too long, too short; or their boots are too stiff, poles too short, etc.

We highly recommended that all athletes wear their boots a few times **PRIOR** to their first day on snow. This will allow them to identify any issues with fit and comfort. It will also reacclimatize them to the feel of a boot allowing them to enjoy the first weekend on snow.

There are different rules and recommendations for the various groups; **please find your child's program below and you will find the equipment that pertains to them.**

****We understand that skiing is an expensive sport. You do not need to buy brand new equipment every year. There are lots of places to get quality used equipment including the Lake Louise Ski Club Buy & Sell page on Facebook, and various ski swaps around Calgary, Canmore and Banff.****

U12 Athletes:

Required:

Race Skis – One pair of skis for training and racing. This should be a Slalom ski as athletes will use it for all events. When standing in ski boots, stand the ski up in front of the athlete and the skis should be somewhere between the athlete's chin and nose (please allow the ski techs in the ski shops to assist you with this).

****We do not recommend that you buy GS radius skis for this age. If you wish to have a second pair of skis that your child uses for GS events, we recommend having a longer pair of slalom skis. The athlete can use this ski for GS in the current year, and then will be able to use it as their slalom ski in the following year. ****

Free Skis – One pair of skis to use for free skiing around the mountain. These should be approximately 90 mm under foot and when standing in ski boots, stand the ski up in front of the athlete and the skis should be somewhere between the athlete's eye brows and top of their head (please allow the ski techs in the ski shops to assist you with this).
These are optional but highly recommended as not to not damage their race skis when

conditions are marginal.

Boots - Should be a good snug fit and when all 4 buckles are done up the athlete should be able to flex the boot (when standing in a stacked position and pushing their knees forward and down the upper part of the boot should also move forward and down). *This is a link to an excellent video covering boot fitting. I highly recommend you look at it for your athlete and even your own boots! <http://vimeo.com/73415950>

Poles - When standing in ski boots, have the athlete hold their poles upside down with their hand under the basket, their arms should be, at the very least, at a right angle. If anything, their hands should be even a little higher (creating a smaller angle/closer distance between hand and shoulder) to account for the extra inch or so of height that they will have with their skis on.

Helmet - Full hard shell (no soft ears), when the helmet is on and done up have you child shake their head yes and then no, there should be very little to no movement of the helmet. If you are buying your u12 athlete a new helmet, we highly recommend purchasing a FIS approved one as FIS approved helmets are now mandatory for all U14 athletes. All FIS approved helmets have a small silver sticker on them that says FIS.

Shinners – This is the introduction piece to armour protection. As the athlete becomes more proficient in their line in stubby gates, they will likely need shin protection.

Optional:

Back Protector – This piece of protective equipment is recommended but not required. As athletes get older and start skiing at higher speeds, a properly fitted back protector will help prevent impact injuries to their back.

Downhill Suit – Athletes are permitted to race in suits at the U12 Level and this includes training as well. Approximately 3/4 of the athletes will wear downhill suits at the races however, this is purely an OPTIONAL piece which has little to no effect on an athlete's time at this age, but can provide a boost of confidence.

If you choose to get a downhill suit, they should fit snugly, with only a layer or two beneath. When trying them on, if the suit is the proper fit, the legs will seem very short, this is because they should only cover just, they very top of the athlete's boot, not the buckles, allowing them to undo and do up their buckles without moving their suit. And please know the suits are not like a wet suit, they do not provide warmth in any way. When wearing a downhill suit for training or racing, athletes should always wear their pants (full zip) to ensure their legs stay warm prior to race runs. **Ski swaps are an excellent place to find used suits.**

Chin Guards and Pole Guards – The athletes will follow a Slalom progression throughout the season and the **second year U12s** will eventually learn basic technique for clearing gates. This will not happen until the end of the season and coaches will let each parent know when their racer is ready for this piece of equipment.

U8 and U10 Plus Athletes:

Required:

Skis - One pair of skis for training and racing. This should be a Combi or Slalom cut ski as athletes will use it for all events. When standing in ski boots, stand the ski up in front of the athlete and the skis should be somewhere between the athlete's nose and eyebrows (please allow the ski techs in the ski shops to assist you with this).

Boots - at this level a 3 or 4 buckle model that promotes stability and movement is preferred, a snug fit that allows the child to flex the boot (when standing in a stacked position and pushing their knees forward and down the upper part of the boot should also move forward and down). *This is a link to an excellent video covering boot fitting. I highly recommend you look at it for your athlete and even your own boots! <http://vimeo.com/73415950>

Poles - when standing in ski boots, have the athlete hold their poles upside down with their hand under the basket, their arms should be, at the very least, at a right angle. If anything, their hands should be even a little higher (creating a smaller angle/closer distance between hand and shoulder) to account for the extra inch or so of height that they will have with their skis on.

Helmet - Helmets must have a full hard shell and padding must cover the head (front and back) and the ears. A good snug fit is what is most important, when the helmet is on and done up have you child shake their head yes and then no, there should be very little to no movement of the helmet.

Optional:

Free Skis – One pair of skis to use for free skiing around the mountain. These can be twin tips, old race skis, etc. These are optional but highly recommended to prevent damage to their race skis while free skiing off groomed runs where conditions can often be marginal.

Back Protector – This piece of protective equipment is recommended but not required. As athletes get older and start skiing at higher speeds, a properly fitted back protector will help prevent impact injuries to their back.

Downhill Suit – Athletes are permitted to race in suits at the U8 and 10 Level and this includes training as well. Approximately $\frac{1}{2}$ - $\frac{3}{4}$ of the athletes will wear downhill suits at the races however, this is purely an OPTIONAL piece which has little to no effect on an athlete's time at this age, but can provide a boost of confidence.

If you choose to get a downhill suit, they should fit snugly, with only a layer or two beneath. When trying them on, if the suit is the proper fit, the legs will seem very short, this is because they should only cover just the very top of the athlete's boot, not the buckles, allowing them to undo and do up their buckles without moving their suit. And please know the suits are not like a wet suit, they do not provide warmth in any way. When wearing a downhill suit for training or racing, athletes should always wear their pants (full zip) to ensure their legs stay warm prior to race runs. **Ski swaps are an excellent place to find used suits.**

U8 and U10 (1-day) Athletes:

Required:

Skis - when standing in ski boots, stand the ski up in front of the athlete and the skis should be somewhere between the athlete's lips and their eyebrows. A combi ski (junior ski designed for a "combination" of events) is ideal at this age for all aspects of skiing (technical free skiing, in gates as well as free skiing). This type of ski has an appropriate amount of side cut that will promote the ability to carve, which is an important skill to learn at this age.

****Make sure you maintain the skis throughout the season. Minor regular maintenance to the edges will keep them smooth and sharp, which again promotes carving.****

Boots - at this level a 3 or 4 buckle model that promotes stability and movement is preferred, a snug fit that allows the child to flex the boot (when standing in a stacked position and pushing their knees forward and down the upper part of the boot should also move forward and down) and please no rear-entry boots. *This is a link to an excellent video covering boot fitting. I highly recommend you look at it for your athlete and even your own boots!
<http://vimeo.com/73415950>

Poles - when standing in ski boots, have the athlete hold their poles upside down with their hand under the basket, their arms should be, at the very least, at a right angle. If anything, their hands should be even a little higher (creating a smaller angle/closer distance between hand and shoulder) to account for the extra inch or so of height that they will have with their skis on.

Helmet - Helmets must be ski specific helmets. A good snug fit is what is most important, when the helmet is on and done up have you child shake their head yes and then no, there should be very little to no movement of the helmet. While we recommend helmets with a full hard shell, they are not required at this age.

Optional:

Free Skis – One pair of skis to use for free skiing around the mountain. These can be twin tips, old race skis, etc. These are optional but highly recommended to prevent damage to their combi skis while free skiing off groomed runs where conditions can often be marginal.

Back Protector – This piece of protective equipment is recommended but not required. As athletes get older and start skiing at higher speeds, a properly fitted back protector will help prevent impact injuries to their back.