

# CSRT EQUIPMENT GUIDELINES

For J4's & Under (6-12yrs)

EQUIPMENT	RED TEAM	BLUE TEAM	MINI MITES
SL Race Skis	x	x	
GS Race Skis	x		
Slalom Race or Shaped Jr Skis under chin height			X
Soft flexing front buckle Boots	x	x	x
Poles	x	x	x
Helmet (no soft ear flaps)	x	x	x
Helmet Chin guard	(if hitting gates)		
Pole Guards	(if hitting gates)		
Race Suit	Recommended	Optional	N/A
Goggles	x	x	x
Rain Gear	x	x	x
Warm layered Clothing	x	x	x

## SKIS:

All Ski companies make good products and the coaches will be able to advise parents on which would be suitable for their athlete. Shaped or side cut skis are when the tip and the tail are wider to help the athletes to carve by creating an arc in the snow. Slalom skis tend to have more side cut than do giant slalom skis (short, quick turns versus longer turns). It is beneficial to go shorter rather than longer when choosing length for children. A shorter ski will facilitate turning, allowing quicker progression of basic skills and increase your child's enjoyment of skiing. Their skis should be between the chin and the top of the forehead with slalom skis more at chin level and GS skis at forehead level. **Check with your coaches before you purchase your child's equ**

## BOOTS:

A softer flexing boot will be more effective than a stiffer boot due to strength limitations and skill level. To determine if a boot is soft enough for your child you should be able to see the forward boot flexion happening in the upper cuff simultaneously with the lower leg. If the upper boot cuff does not move or moves very little the boot is too stiff and will hinder your child in their skill progression. Boots should fit properly, tight but not uncomfortable. Remember the boots might feel too tight at first but will break in within a couple of ski days. Buying boots oversized is counter productive for both performance and fit. Buy boots that fit properly and check with your coaches if you have any questions about your child's equipment.

## NIGHT SKIING

It is very important if you are training at night that you wear goggles with a clear lens. Dark lenses or goggles meant for daytime skiing at night & can not only hinder your child's training but even make it dangerous when skiing gates if they cannot see properly. Night training is often colder, so remember to wear extra layers at night. All of these things will make for a more enjoyable skiing experience.

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