



## U10 EQUIPMENT REQUIREMENTS

**U10 race season:** The U10 race series/events are moving away from short slalom turns to longer GS/ panelled gate style events. Therefore we are looking to have young ski racers select a slightly longer ski for training to help promote smooth carved turns. (Rather than short, choppy turns)

Please ensure you have all of the following items for this coming race season.

- 4 buckle boots that is the right size and flex – see below
- Race/ Training skis- this can be one pair of skis! We recommend SL or multi event skis.
- Skis should be between nose and forehead in height with boots on.
- Helmet – with hard ears recommended, must be ski specific.
- Slalom/straight poles

Other recommended, but not necessary, equipment;

- Free ski/rock skis- past seasons skis work fine, a pair of skis that you don't mind hitting rocks with!
- Speed suit
- Shin guards
- Back protector – becomes mandatory in older programs
- Training jacket (not a baggy sweatshirt) A wind stopper is ideal.
- Tuning Equipment - that includes wax and all tools - that does not disappear when your sibling has an away race!!

### **SLALOM:**

We will ski some full gate slalom so if you have pole guards and chin guards for helmets you can use them. This is NOT required equipment so please don't buy brand new gear! Shin guards and pole guards can usually be picked up on our Facebook Members Group or the Ski Swap. It is also the type of equipment that will last for a few years. Pole guards and chin guards are only used on slalom days- MUST be removed for GS training.

### **BOOTS:**

Having boots that fit well and are the correct flex is a key factor in ensuring a successful season. Most U10 athletes do not need a boot with a higher flex than 65. Also, having well tuned skis is also essential for productive training.

## **CLOTHING**

- Layer 1 - Moisture wicking under layer, thin and warm against the skin
- Layer 2 – Thermal layer – fleece or wool are good options
- Layer 3 – Outer Layer – Wind and waterproof insulated jacket and pants
- Gloves/Mittens – waterproof, have a spare to change at lunch if wet
- Ski Socks – Dry socks to change into at the ski hill. Kids will sweat on the drive up, and starting the day with wet socks is not fun. Synthetic material or wool are best. Always bring a spare.
- Neckwarmer/Buff – prevent wind going down the neck, cover faces in cold weather. Have a spare as they will get wet from placing over mouth.
- Hand/Toe Warmers – work well on cold days, DO NOT place them on bare skin. Most effective place is on top of hand/foot. But anywhere can help.
- Goggles – to be worn at all times, protect from sun and environment, fit well with helmet

## **SEASON PASS**

- Recommend a Big 3 or Norquay Season pass, dependent on family skiing.
- U10 will participate in free ski days at Lake Louise and Sunshine – conditions dependent.
- U10 have a race in Lake Louise in April.

Please contact [U12headcoach@banffalpiners.com](mailto:U12headcoach@banffalpiners.com) to answer equipment questions.