



**BOW VALLEY  
QUIKIES**

## **U12 EQUIPMENT REQUIREMENTS**

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

- 4 buckle boots that is the right size and flex
- Free ski/ rock skis – last years skis are fine
- U12's Training/ race skis: GS and SL
- Skis are measured with boots on. If you are planning on 1 pair of skis for both disciplines, Slalom is preferred. Length, between nose and forehead.
- Slalom – between chin and nose
- GS skis generally 150-160cm, 14m-18m radius
- Ski specific helmet – with hard ears \*FIS certified helmet required in U14
- Slalom/straight poles
- Speed suit- worn every time we train- apart from free ski days
- Shin guards for Slalom and Kinder Kombi

Other recommended, but not necessary, equipment;

- 2<sup>nd</sup> pair of poles- GS and SL poles for when you wear pole guards
- Training Shorts or Slalom shorts as they are often called
- Back protector –these will be mandatory for U14 and older.
- U12s should wear a back protector for kombi, GS and free ski days.
- 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!!
- Pole guards and chin guards for helmets

### **SLALOM**

We will do some slalom training through the season where we use tall gates. If athletes have chin guards for helmets and pole guards we can use them! It is NOT required or mandatory that you have pole guards and chin guards. You can usually pick up second hand equipment through Facebook Members Page or Ski Swap. You don't need to go out and buy new gear! Pole guards and chin guards must be removed for GS and KK training.

### **BOOTS:**

Having boots that fit well and are the correct flex is a key factor in ensuring a successful season. Most athletes in U12 do not need a boot with a flex higher than 70 dependent on each athlete.

Also, having well tuned skis is also essential for productive training.

## **HELMET IN U14**

U14 athletes are required to have a FIS certified helmet

<http://albertaalpine.ca/wp-content/uploads/2018/05/Face-Back-Protection-Memorandum-2018-2019-5.3.2018-Final.pdf>

## **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 Big 3 or Norquay season pass
- Athletes will participate in free ski days at Lake Louise and Sunshine – conditions dependent.

Please contact [u12headcoach@banffalpiners.com](mailto:u12headcoach@banffalpiners.com) for equipment questions.