



## Pre-Season Checklist U10, U12 & U14

1. **Register** with Club in program for next season.
2. Participate in **dryland** and other sports so you are ready when the snow flies.
  - a. Dryland runs to the end of November
  - b. See Teamsnap schedule for times and location. Show-up and sign-up.
3. Purchase **Season Pass** – See Club Website for substantial discount link.
4. Purchase **Ski Boots** and **Skis** – Buy early in season as sizes run out.
5. Sign-up for the **Kickstart Ski Camp** (U12/U14 only) at Sunpeaks. **Signup deadline: Nov 1.**
  - a. Main camp **Nov 28 to Dec 3.**
  - b. ~~Bonus early camp: Nov 14 to 19~~ (cancelled)
  - c. Team accommodation only (except for first year U12s).
  - d. Fall camps are an excellent start to the season and the vast majority of ski teams do this. Training conditions are reliably very good at Sunpeaks. Majority of training will be GS in U14 and GL in U12.

### EQUIPMENT ADVICE

Great ski-racing is very equipment dependant– purchase wisely and customize skis and boots before skiing.

- Boots should be assessed for size and flex for all U12, U14 racers before purchase.
  - Purchased boots: Boot fitting needs to be checked and adjusted for each athlete.
  - Recommended to call to make appt with Cam at Swiss Sport Haus.
- Skis: Rossi Race Dept Size Chart is a good benchmark. Adjust based on skill, aggression and strength.
  - Enquire/confirm sizes with coach is encouraged if any doubt.
  - GS skis required in U14 and optional in U12.
  - All Mtn Skis are recommended for fresh snow days (width – 80 to 100mm at waist) (U12/U14)
- Tuning: Edge Angles and Railed Edges
  - **New skis** must have **base bevel** set - most common equipment oversight..causes ski problems.
  - SL - base: 0.5to0.7 deg, side 2 to 3. GS - base: 0.7deg, side 2 to 3.
    - (optional - 3.0 deg side bevel for U14 – more hard snow bite but requires more frequent sharpening)
  - Major ski tuning requiring a base grind best done at Crystal Glide or Vancouver Ski Services or Alpine Pro in Whistler. Brand new skis can have base edge set by machine or hand – don't get a base grind on a new ski.
  - Base bevel on new skis can be hand done at Swiss Sport Haus...ask for base bevel hand tune (no base grind)
  - Each season check for “railed” edges (edges closer to snow than the base) – common problem.
- Accessories (in typical order of need): shin guards, padded suit, chin guard, hand guards, fore-arm. (U12/U14)
- USED
  - check thickness of remaining edge and flex test to feel if any life left.
  - Used SL skis are not recommended as they are often worn out in 1 season.
  - Used GS skis are often good. (U12/U14)
  - Used boots are often fine if one or two seasons old.
  - Used Speedsuits are good – they should have good pads for U14 and aggressive U12s.
- Ski Swaps – Know your proper boot size and flex before going to a swap...advice at swaps is unreliable. The Turkey sale can make you feel like a turkey when you discover you bought unsuitable equipment.

