



# **Nancy Green – KI Programs Equipment Guidelines & Recommendations 2011-2012**

Welcome to the 2011-2012 Season! This booklet of guidelines and recommendations is designed to help you select the correct gear for your athlete and where to go to purchase it. Proper equipment selection is vital for success at all ages and levels of the sport. We strongly encourage you to seek the advice of our coaching staff or the professionals at our retail partners below. The golden rule with equipment selection is, "if you don't know, ASK... the professionals!" remember, we're here to help you!

**PREFERRED RETAILERS – CALGARY AREA**



**Abominable Sports – Calgary (Crowchild Trail)**

Key contact: Randy Ahl  
 Phone: 403-283-1212  
 Website: [www.abominablesports.com](http://www.abominablesports.com)  
 Address: 410 Crowchild Trail NW



**Techno Sport (17<sup>th</sup> Avenue)**

Key contact: Miles Cantafio  
 Phone: 244-4492  
 Website: [www.techno-sport.com](http://www.techno-sport.com)  
 Address: 211 17<sup>th</sup> Avenue SW



**Ski Cellar Snowboard (17<sup>th</sup> Avenue)**

Key Contact: Peter Lane  
 Phone: 403-245-4311  
 Website: [www.skicellarsnowboard.com](http://www.skicellarsnowboard.com)  
 Address: 1442 17<sup>th</sup> Avenue SW



**Tools 4 Boards (ski tuning & equipment)**

Key contact: Rick Weissenborn  
 Phone: 403-243-5441  
 Website: [www.tools4boards.com](http://www.tools4boards.com)  
 Address: 629 James McKeivitt Road SW



## PREFERRED RETAILERS – BANFF AREA



### Monod Sports

Key contact: Peter & Nick Monod  
Phone: 403-762-4571  
Website: [www.monodsports.com](http://www.monodsports.com)  
Address: 129 Banff Avenue, Banff



## FALL 2011 "BUY NIGHTS"

Join us at our preferred retail locations in Calgary this fall to ask any questions you may have about equipment and to view the variety of products available. Coaches will be on-hand at the stores so that you can select your gear with confidence. It's always a great idea to bring your skis/boots from last season with you to see if they still fit and most shops offer a buy-back program to help you save a few dollars!

Join us at:



**Abominable Sports** (Crowchild Trail Location)  
Date and Time TBA



**Ski Cellar** (17<sup>th</sup> Avenue Location)  
Date and Time TBA



**Techno Sport** (17<sup>th</sup> Avenue Location)  
Date and Time TBA

## WHAT IS REQUIRED?

The following table will give you an overview of the equipment basics that are required for your athletes program as well as the next step. We do not encourage you to buy boots or skis that are too large in hopes that the athletes will “grow into them”, but do want to give you an idea of how the equipment needs progressively increase with the program commitments.

Equipment Summary Suggestions and Requirements		Mini Meisters, NGI and NGD	KD	K1	Comments
Category	Item	4 – 8 years	9 – 10 years	11 – 13 years	
Boots	Booster Strap	Not Required	Not Required	Coach Recommendation	
	Lifter Plate on Boots	Not Required	Coach Recommendation	Coach Recommendation	
Skis	SL Skis	YES	YES	YES	Any properly sized junior shaped ski will be sufficient for Nancy Greene programs
	GS Skis	Not Required	Not Required	YES	
	SG Skis	Not Required	Not Required	Nice to have	We will assist K1/K2 families in obtaining speed (SG) skis
	Rock Skis/Twin Tips	Not Required	Nice to have	YES	
Poles	Straight (SL) Poles	YES	YES	YES	Poles must fit properly and have safety Straps
	Bendy (GS) Poles	Not Required	Not Required	YES	
Protection	Shin Guards (SL)	Not Required	Not Required	YES	
	Pole Guards (SL)	Not Required	Not Required	YES	
	Chin Guard (fits on helmet)	Not Required	Not Required	YES	
	Mouth Guard (in mouth)	Not Required	Nice to have	YES	
	Stealth Top	Not Required	Nice to have	YES	
	Approved Racing Helmet	YES	YES	YES	All Helmets MUST have hard plastic over the ears. NO soft ear helmets will be allowed in ANY programs – please check with the coaching staff if you are unsure.
	Goggles (with double lens)	YES	YES	YES	
	Spare lenses for goggles	Not Required	Nice to have	YES	
DH (Lycra) Suit	Not Required	Nice to have	YES		
Clothing	Training Shorts	Not Required	Nice to have	YES	
	2 <sup>nd</sup> pair of gloves/mitts	YES	YES	YES	
	Running Shoes	YES	YES	YES	
Athletic	Track Pants	YES	YES	YES	
	Water Bottle	YES	YES	YES	
	Healthy Lunch & Snacks	YES	YES	YES	

**\*\* Rock Skis/Twin Tips – twin tips must be mounted in the “standard” position (not center-mounted) for all mountain skiing (not park-specific) – an old/used pair of SL or GS skis is the most desirable to use as “Rock Skis” – check with your coach(es) before purchase.**

## SKI LENGTHS AND TYPES

Selecting properly sized skis can be a challenge but is very important for your athlete's success. For athletes aged under 10, a shorter ski is preferable as it allows for enhanced skill development, easier turning and builds confidence. In general, look for a ski where the tip comes to somewhere between the chin and the eyebrows with the athlete standing.

Height	Ski Length	
	Minimum	Maximum
90 cm	75 cm	85 cm
95 cm	80 cm	90 cm
100 cm	85 cm	95 cm
105 cm	90 cm	100 cm
110 cm	95 cm	105 cm
115 cm	100 - 105 cm	115 cm
120 cm	105 - 110 cm	120 cm
125 cm	110 - 115 cm	125 cm
130 cm	115 - 120 cm	130 cm
135 cm	120 - 125 cm	135 cm
140 cm	125 - 130 cm	140 cm
145 cm	130 - 135 cm	140 - 145 cm
150 cm	135 - 140 cm	140 - 145 cm
155 cm	135 - 140 cm	140 - 150 cm



Rossignol RSX – junior capped ski



Rossignol Radical SL – junior sandwich SL ski

Nancy Greene Ski League athletes train on junior slalom skis. These skis have a turning radius that varies from 7 – 10 metres. Younger athletes (Mini Meisters, NGI and some NGD) will ski on “capped” construction skis while older NGD’s and KD’s should be on “sandwich” construction skis.

## Boots

All athletes in the program should be in a front-buckle boot (rear-entry boots only for the smallest Mini Meisters and NGI athletes who cannot fit into a buckle boot). A proper junior boot with a 3 or 4 buckle design will give the athlete the right balance of stability and flexibility to react on the ski to balance in ever changing situations. Older NGD and all KD athletes should be in 4 buckle boots (power straps at the discretion of the coach).



Rossignol Comp J4 – 4 buckle boot (50 flex)



Rossignol Comp J3 – 3 buckle boot (40 flex)

**Checking the boot for proper fit is the most important factor in selection!** In the ski shop, the salesperson should remove the liner and the athlete should step into the shell (wearing ski socks) to measure the shell fit. Standing and with their toes all the way to the front of the boot, there should be no more than 1 inch of space between the back of the heel and the back of the boot (and no less than space for at least one finger behind the foot).

## HELMETS

As mandated by Alpine Canada and Alberta Alpine, an approved racing helmet is required for participation in training and racing in all club programs. The helmet must be specific to Alpine Ski Racing and must completely cover the head and ears with hard plastic. Soft-eared, “freestyle” helmets are not allowed. All of our preferred retailers are well aware of the helmet rule and will help you to pick an appropriate helmet for your athlete.

**\*\*Chin Guards are not required for any athletes aged 10 and under and should not be worn\*\***



POC Hard-eared racing helmet

## FREQUENTLY ASKED QUESTIONS

Now that you've had a chance to review this information on equipment, you are likely to have a few questions. It is our hope that the below listed information will answer your questions but please feel free to contact the coaching team with any questions.

### ***How often should we buy new skis?***

Every season... or possibly two. A pair of skis only has so many turns in it until is no longer working at its best. With the amount of skiing that your kids are doing, it is generally best to purchase a new pair every year. You can get away with two seasons on one pair if the skis are in really good shape; although it is best to purchase new skis annually.

### ***Is it a good idea to buy used skis?***

**Yes, no & maybe.** If you are going to go the used route, please ensure that the ski is in great shape with plenty of edge left. If in the market for used skis, check out the buy and sell section on them Alberta Alpine website at [www.albertaalpine.ca](http://www.albertaalpine.ca). Be sure to consult one of the coaches prior to purchasing a used pair of skis.

### ***Where & when should we buy our new equipment?***

We ask that you support our preferred retailers for all of your equipment needs; racers and parents too! All equipment should be purchased by the end of October at the latest.

## CONTACT US:

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