

# Part Time Ability Equipment



## Uniforms

All Team Summit athletes receive a free Team Summit jacket. These jackets promote our sponsors, and we ask that all athletes wear their jackets for training and competition throughout the season.

## Helmets

Age Class athletes must have a full helmet with hard ear protection. U14 athletes must have an International Ski Federation (FIS) approved helmet to compete in Age Class and Sync races. Chin guards are recommended for Slalom (SL).

## Skis

U10 Athletes: Only need a single pair of multi-event racing skis. Free-skiing skis are nice but not required.

U12 and U14 Athletes: Should have one pair of racing skis for Slalom (SL) and another for Giant Slalom (GS). Free-skiing skis are also suggested. If planning to train and race Super G, a longer pair of skis is recommended. TSC has a limited inventory of loaner skis available for speed events.

U14 athletes have specific equipment rules that specify the radius and length of skis.

## Free-skiing Skis

All-mountain skis, which are a little wider than racing skis, are ideal. These skis can be sized to allow for several years of use as athletes grow.

## Boots

Athletes must be properly fitted and able to flex their ankle when the boot is buckled. Avoid buying boots the child will "grow into" as boots that are too big or too stiff will hinder their progress. Ensure they are in a junior boot, not an adult boot.

Manufacturers make recommendations on ski racing boot stiffness based on age, ability, weight, and height. Generally, it is better to be on the low end of the range to allow for proper ankle flexion.

To determine proper length: Pull the liner from the boot, place the athlete's foot into the shell, and slide toes forward until they touch the front of the boot. You should be able to place no more than 2 to 2.5 fingers between the heel of the boot and the athlete's heel. Next, check the length like a street shoe when the athlete is in the liner. Custom footbeds are not recommended.

## Ski Poles

Proper length is important. To size ski poles: with ski boots on, turn the pole over and place the athlete's hand below the basket. The elbow should be at 90 degrees. Poles that are too long can be cut down. Pole guards are needed for Slalom.

## Speed Suits

Athletes will train and compete in speed suits except under special circumstances. Either padded or non-padded suits may be used. Inexpensive suits are available at the ski swap or on the Team Summit Classifieds FB Page.

## Shin Guards

Shin guards are required for training and racing slalom to provide protection from impacting gates.

## Back Protectors and Cut-Resistant Apparel

While not mandated by the rules, it is highly recommended that athletes use back protectors to protect the spine and cut-resistant underlayers or suits to reduce the risk of ski edge lacerations.