

# Part Time Ability + Equipment



## Uniforms

All Team Summit athletes receive a free Team Summit jacket. These jackets promote our sponsors, and we request that all athletes wear them during training and competitions throughout the season.

## Helmets

**Age Class Athletes:** Must have a full helmet with hard ear protection.

**U14 Athletes:** Must use an International Ski Federation (FIS) approved helmet for Age Class and Sync races. Chin guards are recommended for Slalom (SL).

## Skis

**U10 Athletes:** Only need one pair of multi-event racing skis. Free-skiing skis are optional.

**U12 and U14 Athletes:** Should have one pair of racing skis for Slalom (SL) and another pair for Giant Slalom (GS).

Free-skiing skis are also recommended. For athletes planning to train and race in Super G, an additional longer pair of skis is suggested.

**TSC Loaner Skis:** TSC has a limited inventory of loaner skis for speed events.

**U14 Equipment Rules:** U14 athletes must adhere to specific rules regarding the radius and length of skis.

## Free-Skiing Skis

All-mountain skis, which are slightly wider than race skis, are ideal for athletes. These skis can be sized to accommodate growth over several years.

## Boots

Athletes should be properly fitted for boots, ensuring they can flex their ankle when the boot is buckled. Avoid purchasing boots that the child will "grow into," as boots that are too big or too stiff will impede progress.

**Junior Boots:** Ensure the athlete is in junior boots, not adult ones.

**Stiffness Recommendations:** Manufacturers provide recommendations for ski racing boot stiffness based on the athlete's age, ability, weight, and height. Generally, a softer boot is preferable to allow for proper ankle flexion.

**Proper Length:** To determine the correct length, pull the liner from the boot, place the athlete's foot into the shell, and slide the toes forward until they touch the front of the boot. There should be no more than 2 to 2.5 fingers' space between the athlete's heel and the boot. When the liner is in the boot, check the fit as you would with regular shoes.

Custom footbeds are not recommended.

## Ski Poles

Properly sized ski poles are essential. With ski boots on, turn the pole upside down and have the athlete grip below the basket. The elbow should be at a 90-degree angle. Poles that are too long can be cut down, and pole guards are necessary for Slalom.

## Speed Suits

Athletes will train and compete in speed suits, except in special circumstances. Both padded and non-padded suits are acceptable. Inexpensive options can be found at the ski swap or on the Team Summit Classifieds Facebook Page.

## Shin Guards

Shin guards are required for training and racing in Slalom to protect athletes from gate impacts.

## Back Protectors and Cut-Resistant Apparel

Although not required, it is highly recommended that athletes use back protectors to safeguard the spine and cut-resistant underlayers or suits to reduce the risk of lacerations from ski edges.