

Cross Country- SYP and Middle School Program

Clothing and Equipment

Buying new equipment for growing bodies is daunting. But- remember you can sell this year's new equipment at next year's ski swap for close to the same price that you bought it- and quality equipment that fits well is one of the keys to a successful skiing experience. Part of your son/daughter's MBSEF membership includes special equipment pricing with local retailers. Sunnyside Sports, Bend Bike N Sport and Webskis will place team orders. Complete junior buy information is posted on the Nordic page at www.mbsef.org as soon as it is available each year. Make sure your son/daughter's name is written on everything with a permanent marker- boots, skis, poles, jackets, the works. Unclaimed items are donated to the Goodwill. **The most important items that skiers should have are a dry hat, dry long sleeved shirt, dry socks and food and water for after practice--- every day!!**

- **POLES-** Participants need 2 pairs of poles with modern and baskets. Measure while your child is in running shoes, standing on concrete. Classic poles need to reach the mid point of the shoulder bone. Skate poles should reach somewhere between the chin to just under the nose. Remember, as you child grows; his or her skate poles can be cut down to become their classic poles.



Good straps (with Velcro) and baskets



Avoid these straps

- **BOOTS-** Participants can have 1 or 2 pairs of boots. Combi boots work for both classic and skate. If this is your first year of skiing- a combi boot would be a good option. Different boot brands will have different binding systems. NNN, SNS and SNS Pilot- make sure that your boots and bindings match! Please avoid any backcountry boots (BC) and bindings- they're too wide for track skiing. Boots must be very comfortable, like a running shoe, try them on carefully with non-cotton ski socks that will be worn during practice.



Skate Boots



Classic Boots



Combi Boots



**BC Boots
(avoid these)**

- **SKIS-** Participants can have 1 or 2 pairs of skis. Combi skis, or skis that can be used for skate and classic, work just fine for skiers under 80lbs. If you have combi skis you are required to completely clean off your kick wax before you come to the next practice. Coaches will help with this but it would be good to have some basic waxing equipment at home- see waxing section below. Fish scales/waxless skis are fine for a skier's first or second year. Skis come in different flexes and the best way to test the flex of a ski is to go to a local retailer and have it done for you- you just need to know the skier's weight and they'll do the rest. To guess the flex of a ski, have the skier put the bases of the skis together and see if he/she can fully compress the bases together. (Skate skis, use two hands. Classic skis use one hand) If the athlete can just close the skis, they are close to the right flex. If he/she cannot close the skis, they are probably too stiff and if the skis close without much effort, they are probably too soft. For determining the kick zone of classic skis, you can also do the 'card trick' by placing skis that are completely free of wax on a flat table. Have the skier balance with their full weight applied equally to both skis and slide a business card between the ski and table- mark where the card stops- top and bottom. Then, have the skier balance their weight 100% on one ski and repeat the card slide. If you can't get the card between the ski and the table- the skis are too soft. If you can slide the card from below the heel of the binding to near the tip of the ski- the skis are too stiff. You are looking for a pocket that starts near the end of the heel plate and extends 40 to 60cm (16 to 23 inches) towards the tip of the ski. See next page for a ski sizing guide.

Cross Country- SYP and Middle School Program

Clothing and Equipment



- Skate Skis-athlete height



- Classic Skis- athlete height plus 10 to 15cm



- Combi Skis-athlete height

Age 7-9

- Skis: Waxable Combi (smooth base) is best, waxless is ok (fish scale)
- Boots: Combi
- Poles: 2 pair is best, 1 pair is ok

Age 10-13

- Skis: waxable classic and skate or waxable combi:
- Boots: 2 pair, 1 skate and 1 classic (1 pair of combi boots is ok too)
- Poles: 2 pairs

Age 13-adult

- Skis: waxable skate (person height) and waxable classic (1 pair of skate and 1 pair of classic)
- Boots: 2 pairs, skate and classic
- Poles: 2 pairs

- **WAX**- coaches will help with all aspects of waxing on classic days and race days. Participants should always come to practice with skis that are clean-meaning no kick wax, and glide wax scraped. Here are a few items that are good to have at home for waxing.



Scraper



Groove Scraper



Brush



Base Cleaner



Fiberlene



Glide Wax



Iron

Cross Country- SYP and Middle School Program

Clothing and Equipment

CLOTHING- Please do not ski in cotton clothing- ever! Brand names such as Swix, Toko, Sporthill, Patagonia, Hind and Mountain Hardware have ski specific clothing. Most second hand stores in Bend are filled to the brim with appropriate ski attire. Thin gloves and hats are warmer and better than thick gloves and hats. Thick gloves are impossible to get into pole straps and cause hands to sweat- which leaves hands cold and miserable in minutes. Mittens are just fine for this age group. Hand/foot warmers are not necessary. Skiers must wear their hat at every practice! Other important items: ski pass, sunglasses (avoid goggles), water bottle/carrier (avoid camelbacks because they restrict shoulder movement), long sleeve top (wool or polypro) jacket, pants, clothes to change into (**extra dry shirt, hat and socks are a must!**) Please make sure to have a backpack that can hold all of these items.



Hat



Good Gloves



Bad Gloves



Good Belt



Avoid Camelbacks



Jacket



Pants



Synthetic or Wool Thermals
No Cotton please!



Backpack



Ski Bag



Ski Pass



Sunglasses



No goggles please!

SEASON PASS/DAILY PASS- All Saturday and/or Sunday skiers need a Nordic season pass or day pass to Mt. Bachelor. Check for prices online at www.mtbachelor.com