

Rowmark Junior Program Equipment Recommendations

Season 2009-2010

For your child's equipment purchase, we recommend you take advantage of the 'team night' in order to get feedback from your child's coach and get the best and most appropriate equipment for the racing season. If you are not available during this evening, please contact your child's coach and they will arrange for someone at the Sportsden to assist you in the purchase of the appropriate equipment.

Rowmark Equipment Night will be held at the Sportsden, in September (specific date TBA.) Times for the equipment night:
-Kindergarten: 4: 30– 5 PM, -Love to Ski: 5 – 6 PM, -Lower School Team: 6- 7 PM, -Middle School Team: 7-8 PM.

We encourage all athletes to write their names on ALL their equipment with permanent marker. Many athletes have the same type of equipment and in order to not lose or get confused, please make sure that your child's name is listed prominently on their equipment – clothing, boots, skis, poles, tuning equipment.

Your child should own a duffle bag big enough to carry all soft good (jacket, pants, ski boots, helmet, goggle, gloves, etc.) but small enough that your child can carry bag on his / her own.

Required Equipment by team

Rowmark Kindergarten

Skis, boots, poles (optional, may be introduced half way through the season depending on ability), helmet, goggles and soft-goods -gloves/mittens, ski socks, long-underwear, neck warmer, ski pants & jacket.

Rowmark Love To Ski

Skis (multi-event ski), boots, poles (one pair straight), helmet, goggles and soft-goods -gloves/mittens, ski socks, long-underwear, neck warmer, speed suit (optional) ski pants & jacket. Soft-goods should fit in a day-pack and easily carried by child on own.

Rowmark Junior Team

Skis (multi-event or SL & GS), boots, poles (GS bent and SL with hand-guard), helmet, goggles, tuning equipment (introduction kit), and soft-goods -gloves/mittens, ski socks, long-underwear, neck warmer, speed suit (optional) ski pants & jacket. Soft-goods should fit in a day-pack and easily carried by child on own.

Rowmark B Team

Skis (GS and SL), boots, poles (GS bent and SL with hand-guard), helmet, goggles, tuning equipment, body armor / protection (SL hand & shin guards, *back protector, stealth – recommended items*), downhill or GS speed suit and soft goods - gloves/mittens, ski socks, long-underwear, neck warmer, ski pants & jacket. Soft-goods should fit in a day-pack and easily carried by child on own

Notes on equipment:

Tuning Kits (Lower School and Middle School) –We recommend a small to medium size tool box (purchased from a hardware store) w/ lock to store tuning equipment.

Tools:

- side edge bevel (2 degrees)
- 8 inch file
- coarse diamond stone
- scraper
- nylon brush
- Iron

Wax:

- Training: Swix: CH 6-7-8-8 or Holmenkhol (basic training wax)
- Racing: Swix: LF 6-7-8-8 (Middle School only)

Helmets – for slalom, make sure athlete has a chin protector. Bar needs to be easily removed for GS.

Lifters - We recommend using a lifter under the binding for Love to Ski (2nd grade and up) and Lower School athletes.

Plates -More aggressive Lower School and Middle school skiers should have a built in plate, not a lifter, depending on weight.

Goggles: chose a goggle that fits into the helmet comfortably (no goggle gap) and protects the eyes from sun, wind, snow and harsh conditions. Please try on helmets and goggles in store to make sure of correct fit and size.

Protection – (Middle School Team and select Lower School skiers)

- Hand Guards – full hand protectors
- Shin Guards
- Back Protector -Poc back protector (*recommended but not required*)
- Stealth - (*recommended but not required*)

Soft goods / clothing:

- Gloves / mittens (mittens are warmer)
- Pants / Training Pants – Ski pants with zips on sides can also become shorts
- Socks – wool ski socks, moisture wicking, cotton is no good.
- Long Underwear – thermal top and long underwear, moisture wicking or wool recommended

Additional recommended Items:

- Small duffle bag / boot bag for above-mentioned equipment.
- Camelback,
- Ski straps,
- Sunscreen,
- Neckwarmer
- Hand warmers

General guidelines for fitting:

Boots: take liner out of boot and step foot into shell. Slide toes to touch front of shell, fit 2 fingers between the heel and the shell. Try the liner without the shell and find the big toe, big toe should not be too tight in the liner. For more competitive athletes, we look for a tighter fit, but skiers should still be comfortable to ski a whole day in boots without taking boots off. Skier should be able to buckle own boots, if not the flex of the boot is too stiff or buckles too short.

Flex of boot varies depending on weight. It is important for skier to be able to flex boot when in standing position. Younger athletes should look for softest flex (60-70) and heavier more competitive athletes should look for stiffer boot, but not exceeding 80 flex.

Poles Height: turn pole upside down, hold pole under the basket -arm should be bent 90 degrees.

Ski height:

- For young skiers, ski height should measure between chin and mouth
- For SL skis: height between chin and mouth
- For GS skis: height between eyes and top of head.
- Length of skis increases with more competitive, heavier and stronger athlete.

Mounting shop options:

- Wax and mount (recommended for Kinder Team and Love to ski Team)
- Stone, tune, wax and mount (recommended for Love to Ski, Lower School, Middle School Team)
- It is not necessary to pay for HAND SHAPING – regular mounting and basic new ski preparation is sufficient.

If you have questions or issues with the above equipment, please feel free to contact the Rowmark Junior Program Coaches.