



# Equipment Recommendations



US Ski Training Phase	Phase 1	Phase 2	Phase 3	Phase 4	Phase 5	
<b>Biological Age</b>	Early Childhood	Early Childhood	Pre-puberty before growth spurt	Puberty and growth spurt	Post Puberty after Growth Spurt	
<b>Chronological Age</b>	2-6 years old	6-10 years old	Girls: 9-13 Boys: 10-14	Girls: 11-15 Boys: 12-16	Girls: 12-17 Boys: 14-18	
<b>Time in Sport</b>	1-4 years in sport	2-5 years in sport	4-7 years in sport	5-8 years in sport	6-11 years in sport	
<b>Program</b>	Mountain Explorers	U10	U12	U14	U16	U19
<b>Ski Recommendation</b>	Ski should be about chest high with a variation based on height, weight and ski level. One pair of all mountain skis is adequate.	One pair of skis is sufficient for this group. Ski should be about head height with a variation based on height, weight, and skill level. Introduce ski preparation.	Athletes should now have Slalom and Giant Slalom skis. Develop tuning skills.	Slalom and Giant Slalom skis. Further understanding of wax types and ability to get edges sharp. Skis must conform to USSA regulations for any athlete skiing a USSA race during the season.	Slalom and Giant Slalom skis. USSA athletes should also have training skis. Tuning skills continue to improve. Confident in ability to tune for a variety of conditions. Skis must conform to USSA regulations for any athlete skiing a USSA race during the season.	
<b>Boot Recommendation</b>	Proper boot fit with soft forward flex for ankle movement to facilitate a balanced athletic stance. For proper sizing, place child's foot in plastic boot shell (with liner removed). Have place their toes as far forward in the boot as possible then see how much space is between the back of their heel and the back of the boot. Anywhere around 2 fingers space is acceptable. Over 3 is too much space and 1 is likely too tight.	Proper boot fit with soft forward flex for ankle movement to facilitate a balanced athletic stance. For sizing, place child's foot in plastic boot shell (with liner removed). Have place their toes as far forward in the boot as possible then see how much space is between the back of their heel and the back of the boot. Anywhere around 2 fingers space is acceptable. Over 3 is too much space and 1 is likely too tight.	Proper boot fit (see phase 1) and flex are critical for performance. Boots facilitate interaction with the ski.	Proper boot fit (see phase 1) and flex are critical for performance. Boots facilitate interaction with the ski. Performance considerations may include flex, cant, forward lean, ramp angle, and foot beds.	Proper boot fit and flex are critical for performance. Boots facilitate interaction with the ski. Performance considerations may include flex, cant, forward lean, ramp angle, and foot beds.	
<b>Protection</b>	Helmet required at all times.	Helmet required. Older athletes may need shin guards.	Head, hand, and shin protection recommended based on event.	Head, arm, hand, back, teeth (mouth guard) and shin protection recommended based on event.	Head, arm, hand, back, teeth (mouth guard) and shin protection recommended based on event.	
<b>Poles</b>	Optional-introduce at older levels as skill level develops.	Standard length = forearm horizontal with pole tip in snow.	Giant Slalom-standard length. Slalom-pole guard for blocking and protection, pole may be slightly shorter in this event.	Giant Slalom-standard length. Slalom-pole guard for blocking and protection, pole may be slightly shorter in this event.	Giant Slalom-standard length. Slalom-pole guard for blocking and protection, pole may be slightly shorter in this event.	