



Auburn Ski Club Nordic Team

General Equipment Needs and Information

Notes For All Athletes

- Paco's Bike and Ski, Tahoe Mountain Sports, and Alpenglow Sports are the shops in the area that support ASC. I would encourage you to shop at these supporting businesses not only because they offer deals to ASC athletes and families but they support the team as a whole as well. Additionally, they have knowledgeable staffs that will get you on good fitting gear.
- There are two types of binding systems NNN and SNS which are not compatible with one another. Both are used by the best in the world so it doesn't matter which system you use. **What is important is that you end up on all one binding system** (skate, classic and rollerskis) because somewhere down the line you will bring the wrong pair of boots or need to switch skis mid practice/race or something. If you are unsure what boot/binding system you currently have or are looking into buying be sure to ask ahead of time.
- Coach Gus Johnson is happy to help answer questions about gear or evaluate your current setup if you need another opinion.
- You don't need "this years model" of skis. Most of the time they just change the graphics and the skis are the same.
- Most of you don't need the highest end skis or poles. The major difference between the highest end models and the next couple of models down is that they are slightly lighter. Much more important than what model, is that you have the right sized equipment.
- **Write your name on all your equipment and clothing!** In my experience xc equipment is very rarely stolen even when left unattended at a venue for days. Gear is often picked up accidentally or permanently lost but if you have your name (and phone number) on it odds are it will make its way back to you.

Comp Athletes

4-7 Pairs of skis

- 1 pair each skate and classic that are devoted to racing and are very well fitted to you
- 1 pair each skate and classic that are for training that fit you fairly well
- 1 pair of rock/game skis?
- JN Contenders- In addition you might want 1 pair of Klistar specific skis and 1 pair of zeroes/rubbers. You may never race on zeroes/ rubbers this season but if there is a race where other people have them and you don't the equipment will almost certainly be a deciding factor in the outcome of the race.

Stonegrinds

If you have a racing ski with 2 or more seasons of wear on them but are still a good fit for you I would recommend getting them stone ground. For \$70 the ski can be as good (if not better) than new.

2 Pairs of Poles

Skate and classic length poles. Swix CT2s are probably an appropriate pole for your level but feel free to shop around for other brands. Lower end composite poles (and aluminum) will flex too much especially for skiers over 5'8"

2 Pairs of Boots

Owning specific skate and classic boots at your level is important. Skate boots especially need to be replaced before something breaks on them because you want stiff boots with good ankle support.

Rollerskis

All high school Comp Team athletes will need to own at least skate rollerskis. If you have been on the comp team in years past classic skis will be strongly encouraged as well. Additionally, you really should have your own poles with rollerski tips on them for “on your own” sessions and to bring with you when you go out of town in the summer. The good news is you can’t outgrow rollerskis and the wheels will last 5 years or more.

Sweenor, Marwe, and Swix make really good skis and you can get them at a great deal at local shops. Regardless of which company choose, if you are buying skate skis be sure to get ones with “tall narrow wheels” as opposed to the shorter, wider wheels that combi skis have. If you are a serious racer, you really should have your own classic roller skis as well (although we do have some team ones that I can loan out for classic specific days). Classic specific skis are longer with shorter, wider, ratcheted wheels.

Comp-Devo Athletes

3-4 pairs of skis

- 1 pair of decent skate skis that can be raced on and skied on in practice when there’s good snow and we aren’t playing games.
- 1 pair of decent classic skis that can be raced on and skied on in practice when there’s good snow and we aren’t playing games.
- 1 pair of combi skis or a pair each of skate and classic skis that can be beat up during low snow conditions, games, backcountry skis ect.

1-2 Pairs of Boots

- A good skate boot with good ankle support is very important for mastering skate skiing. I always tell people that if you’re going to put money into any one piece of equipment it should be good skate boots.
- Classic boots need much less support- classic specific boots, combi boots or using your skate boots are fine options.

2 Pairs of Poles

Skate and classic length poles- the material doesn’t matter too much at this age and if you want to ensure not having to deal with broken poles, buy aluminum. What is important is good grips/straps (swix “racing” straps are the best in my opinion).

Rollerskis for next summer?

We never require anyone at the middle school age to have rollerskis but having your own pair that is in good condition can be nicer than borrowing from our well used fleet. The good news is you can’t outgrow rollerskis and they will last 5 or more years if you treat them well. If you are just going to own one pair, buy skate skis with “tall narrow wheels”. If you buy a second pair by a classic only pair that’s longer with wider, shorter, ratcheted wheels. A lot of team members have had good luck with Sweenor rollerskis.

Sonics Team Athletes

2 Pairs Skis

You will want to have a pair of skate and a pair of classic skis. The classic skis could be waxless (or touring) skis but if you continue with the sport you will want to move towards waxable racing or performance skis. Make sure both pairs of skis have the same binding system (NNN or SNS)

1 Pair Boots

Combi boots will work fine

2 Pairs of Poles

1 for classic and 1 for skate- I would recommend aluminum poles as they are the most durable.

Equipment Leasing

Leasing could be a good option especially if you aren't sure whether you will keep doing the sport in future years or if you have a rapidly growing athlete. Leasing from Auburn Ski Club allows you to use any of the rental skis (Skate or classic) from the ASC Training Center.

Sliders Program Athletes

Totally New to XC skiing

You should be fine with 1 pair of skis, poles and boots. The main goal will be to learn how to get around on Nordic skis. Skate, classic or a hybrid technique will be developed during the first year or two.

Equipment Leasing

Leasing could be a good option. Leasing from Auburn Ski Club should be fine as we will be doing all of our skiing at ASC.

Clothing

Use your common sense for clothing but here is some general info. You stay quite warm Nordic Skiing as long as you are continuously moving. Most people are coldest when they first get going or when they stop for a break.

Some general rules about dressing for the outdoors apply for skiing as well:

- Dress in layers so you can shed a layer if you get too warm
- Avoid wearing cotton (both as an outer or inner layer) as when it gets wet it sucks the heat out of you
- Always have a change of clothes for when you are done skiing so you can change out of your wet gear.

Some ski specific considerations:

- Bulky gloves or mittens may have trouble fitting in pole straps. Nordic skiing specific gloves could be a good investment.
- Glasses tend to fog so contacts are recommended, downhill ski goggles are not recommended
- Finding a good pair of non-cotton socks for your ski boots is important so that they fit appropriately and your feet stay warm enough. Boots are supposed to have a snug fit so sometimes heavy socks make the boots too tight.
- Jackets, ski pants and even under layers built specifically for skiing have a wind proof front that can be a big asset in keeping warm on the down hills.
- Keeping your head/ears/neck warm is important. I have about 4-5 hat, neck warmer, head band combinations that I will wear depending on the temperature.

Team Uniforms

- Various teams will receive uniforms for the race season. Talk to your program coach

- Team jackets are recommended for Comp and Devo team members. They are “mid weight” good for throwing over a non-cotton tee shirt on warm days or over a warm under layer or two on cold days. They will be too light weight and without a hood to be good for standing around at races or waiting for the vans.
- Team racing suits are strongly encouraged for all comp and comp-devo team members but are completely optional for other athletes.
- Write your names in all of your team gear when you get it because they will be very easy to get mixed up!