



RECOMMENDED EQUIPMENT LIST's FOR ALL AGE GROUPS

“BACK PROTECTORS ARE MANDATORY FOR ALL STOCKMAN SPORTS ATHLETES TRAINING & RACING”

U12/U10

Helmets: All U10 & U12 athletes are required to wear over-the-ear hardshell fully certified alpine race helmets.

Skis: Any type of a junior race ski will do as long as they are in good condition and have properly suited and adjusted bindings. A pair of junior racing/carving skis is ideal

U14

Helmets - A certified race helmet is mandatory. These helmets include a full hardcover shell over the ears. Racers will not be allowed to race without it. As well athletes need a detachable face guard for slalom.

Mouth Guards - Either custom or "Boil & Bite" mouthguards are “highly recommended” for training and racing. **Pole Guards** - These attach to the poles and protect the hands when skiing slalom. **Shin Guards** – Shin Guards are worn over the ski pants or speed suits to protect the shins and

knees when skiing slalom. **Speed Suits** - Speed suits are not mandatory however most U14 athletes are using them. Padded speed suits are strongly recommended.

Stealth - This padded vest or shirt is recommended for extra protection. It can be worn under a speed suit while racing or without the suit while training.

Forearm Pads – We don't highly recommend these for U14 athletes as they promote bad habits for athletes just learning clearing techniques. These bad habits can be unsafe and difficult to correct so if able to purchase.

Skis - U14 athletes will compete mostly in 2 types of races, Slalom (SL), Giant Slalom (GS). Super G is optional for the athletes as we only get limited time to train race for this discipline. Two pairs of skis are recommended; GS skis for GS, Slalom skis for SL & **if it suits** then also Super G ski's for training and races if the athlete is going to participate in Super G events.

U16

Helmet -A certified race helmet is mandatory. As well athletes need a detachable face guard for slalom.

Mouthguards - Mouthguards are recommended for training and racing to avoid dental injuries and concussions. Mouthguards can be purchased at most chemist's and sporting good stores. Custom mouthguards can be purchased through your personal dentist.

Pole Guards - These attach to the poles and protect the hands when skiing slalom.

Shin Guards – These are worn over the ski pants or speed suits to protect the shins and knees when skiing slalom. **Speed Suits** - Speed suits are not mandatory however most U16 athletes are using them.

Skis - U16 athletes will compete in 4 types of races. Slalom (SL), Giant Slalom (GS), Ski Cross (SX) and Super G (SG). At this stage, U16 athletes need a pair of slalom skis Slalom and GS skis for GS and Ski Cross. Super G are often rented for SG events.

U18

Helmet -A certified race helmet is mandatory. As well, a detachable face guard for slalom is Mandatory.

Mouth Guards - Custom or Boil & Bite mouthguards are recommended.

Pole Guards - These attach to the poles and protect the hands when skiing slalom.

Shin Guards – These are worn over the ski pants or speed suits to protect the shins and knees when skiing slalom. **Speed Suits** - Speed suits are mandatory.

Skis – 1 pair of Slalom ski's (SL) and 1 Pair of Giant Slalom ski's (GS) 1 pair of Super G ski's if prepared to buy them otherwise look to rent these for the limited Super G events.

FIS

Helmet -A certified race helmet is mandatory. Also a detachable face guard for slalom is Mandatory.

Mouth Guards - Custom or Boil & Bite mouthguards are recommended.

Pole Guards - These attach to the poles and protect the hands when skiing slalom.

Shin Guards – These are worn over the ski pants or speed suits to protect the shins and knees when skiing slalom. **Speed Suits** - Speed suits are mandatory.

Skis - FIS athletes will compete in 3 types of races. Slalom, Giant Slalom (GS) and Super G (SG). At this level, athletes will need 2 pairs of slalom skis for Slalom and 2 pairs of GS skis for GS. 1 Pair of Super G ski's is fine.