



## **Graduating J4 Equipment Information**

### **SKIS**

As your athlete moves from J4's to J3's their equipment requirements change and it is important that you get this information early enough, so that you buy the right skis. If you have any questions it is also essential that you talk to your athletes coach regarding these questions and only your coach, as you will get conflicting views from other sources.

**SLALOM SKIS; no shorter than 150cm.**

Regardless of your athletes height, slalom courses at the J3 level range from anywhere between 10m to 13m. If you are on anything shorter than 150cm the arc will be too small.

**GIANT SLALOM SKIS; no shorter than 170cm.**

Again regardless of your athletes height, GS courses open up at the J3 level. You need this length of ski to have a big enough arc to carve the turn. Also the longer ski will run faster.

**SG SKIS; 15 to 20cm longer than your GS skis.**

You do not necessarily need SG skis as a first year J3. And if you do decide you want to have these skis you can wait until February to buy them. Many of the older athletes will have SG skis to sell second hand. These skis are typically in good condition and are a lot cheaper than buying new. It would be up to you to source these second hand skis.

Many of you up until now have been on Junior skis, but will now have to move to an adult ski, which are typically more expensive. Junior skis do not always come in the length you will now be looking for. And as your athlete moves above 100lbs they need a ski that can last longer without the core breaking down, which is what can happen on a junior ski. Again, if you are unsure about buying a junior vs an adult ski, you should contact your coach only, as you will get conflicting views from other sources.

## **BINDINGS**

As you move on to adult skis, you are going to need adult bindings, these have a higher DIN setting. Having a binding that goes up to 12 is important for the J3 level, so we can turn your dins up for race day and still have room to spare to the end. You should be somewhere in the middle of the DIN range for the binding to be effective.

## **BOOTS**

Boots need to fit snug, get sized at a shop that knows what they are doing. You have to be able to flex the boot, but remember in the shop is a lot warmer and its therefore easier to flex. If you have to move to an adult boot because of your foot size, make sure the cuff of the boot is not too high on your shin, this makes it harder to flex. Race boots have a variety of flex numbers, try on different flexes to find the one that works best for your weight, height, strength. You should keep the boot on in the shop for about 20mins to see if any hot spots occur, if the boot does not fit right out of the box, there are a number of things the shop can do to make them work, but the general over all fit has to be right to start with. Footbeds are a must.

Look out for the dates for our Equipment Nights at many of the shops in town, these are usually in October, and coaches and equipment reps will be there to help you get the right stuff.

## **SUMMER CAMPS**

Being on snow in the summer helps maintain and improve your skills. Mammoth has spring camps in May/June and any graduating J4 is encouraged to participate in the J3 camp. This will give your athlete the opportunity to meet their new coaches, and for the staff to give them some pointers on equipment for the season ahead. Details are usually in the spring MMST Newsletter.

Please feel free to contact myself Kerry Brownlie Head J3 Coach regarding any of the above information, I am in the office between the months of October and June.

[kbrownlie@mammoth-mtn.com](mailto:kbrownlie@mammoth-mtn.com)

760 934 2571 ext 3434

From July to September you can contact Ali Bombardier or Mark Brownlie regarding equipment.

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