



Momentum Northwest Mavericks and Yeti Handbook

This handbook has been compiled to help our parents and skiers gain a deeper understanding of what Cross Country skiing requires. We don't want you or your skier left out in the cold, literally!

Mavericks and Yeti Gear Checklist

- Skis
- Boots
- Poles
- Two hats, one for skiing and one for after
- Gloves, two pairs
- Socks, two pairs
 - Light to medium weight wool socks; if they're too bulky they cut off circulation when in ski boots and feet end up even colder!
- Non-cotton base layer
- Ski jacket
 - Layers of synthetic material, vest, and jacket are best and allow for better temperature regulation.
- A rain jacket that can fit over your ski jacket
- Sunglasses
- Sunscreen/lip balm
- Water bottle
- Lunch/snack for after skiing
- Dry change of clothes for after practice



Clothing and Equipment

Poles

Participants need 2 pairs of cross country poles with modern baskets. Bamboo poles with leather straps are great yard ornaments but are not great when it comes to groomed trails. Wear shoes or ski boots to measure poles. Classic poles should measure from ground to middle of shoulder. Skate poles should measure from ground to mouth.

Boots and Bindings

Participants can have 1 or 2 pairs of boots. Combi boots work for both classic and skate. Different boot brands will have different binding systems. NNN and SNS are the most common - make sure that your boots and bindings match! There are other binding systems that are compatible with NNN, these are NIS, Prolink, and Turnamic. A note, NNN and NNN BC are **not** compatible. Please avoid any backcountry boots (BC)/ touring boots and bindings- they're too wide to fit in classic tracks. Boots should be comfortable, like a running shoe. Try them on with a light to medium weight ski socks that will be worn during practice. For cost and logistical reasons, we highly encourage our skiers to use the NNN, NIS, Prolink, or Turnamic binding systems.

DO: Skate, Combi, Classic, respectively



DON't: Touring, Backcountry





Please do not purchase skis or rent skis with backcountry or 3-pin bindings. If you are renting skis, bindings may already be mounted to the ski. If you are buying you will have to purchase bindings and have them mounted. Any brand of binding can be mounted on any brand of ski, however double check that your skier's boot and binding systems match.

Lastly, bindings are technique-specific: classic skis use classic bindings because they allow the ski to hang freely from the foot, skate use skate bindings because they keep the ski closer to the foot. There are no "combi" bindings.

Skis

Participants can have 1 or 2 pairs of skis. There are two main types of skis, skate and classic, and a third type of ski that combines the two, combi skis. Combi skis are fine for our Mavericks and Yeti ages but at the Devo and Comp level, skiers should have both skate and classic skis.

- If your child has been skiing for 0-2 years, or a "Never Ever", we recommend using fish scales



- If your child is in one of our middle or high groups, we recommend either waxless classic and skate OR combi skis. Only choose combi skis if you and/or your child is comfortable kick waxing and be sure to have your skis ready by the time practice starts.

Skis come in different flexes. It is important to have a ski that corresponds with your skier's height and weight by having a ski that is long enough with a flex that is stiff enough. If the ski is too short then your skier will likely trip, too long and they will find the skis too cumbersome; too stiff a flex and the skis will be slow, too soft and the skis will be unstable, and, in the case of classic skis, your skier won't be able to propel their self forward. There are many easy ways to find a happy medium, however.

The best way to test the flex of a ski is to go to a local retailer and have it done for you- you just need to know the skier's weight and they'll do the rest.

To guess the flex of a ski, have the skier put the bases of the skis together and see if he/she can fully compress the skis together with their hands. Typically, skate skis require two hands while classic skis require only one hand. If the athlete can just close the skis, they are close to the right flex. If he/she cannot close the skis, they are probably too stiff and if the skis close without much effort, they are probably too soft.

Skate Skis

These skis are used for the skate technique. They are shorter than classic skis, are stiffer, and are smooth throughout the length of the base. Skate skis need to be roughly the height of your skier.

Classic Skis

These skis are used for the Classic Technique. They are longer than skate skis, have a softer flex, and have a larger curved tip. There are two types: Waxable and Waxless. Traditional waxless skis have an etched pattern in the base under the foot which provides "kick", the action that propels a skier forward (there are other forms of waxless skis that have either rough or furry bases, but these are not recommended until skiers are older). As such, Waxless are better for new skiers. Classic skis need to be the height of your skier PLUS 10-15cm.

For determining the kick zone of classic skis, you can do a paper test by placing skis that are completely free of wax on a flat table or countertop. Have the skier balance with their full weight applied equally to both skis and slide a business card between the ski and table- mark where the card stops on the side of the ski both towards the tip and the tail of the ski. Then have the skier balance with a flat foot on one ski and repeat the card slide and marking. Next, have the skier roll



onto the ball of one foot, the card should no longer be able to slide. If you can't get the card between the ski and the table when balancing on a both feet or a single flat foot- the skis are too soft. You are looking for the marks to show the "pocket" that starts near the end of the heel plate and extends 40 to 60cm (16 to 23 inches) towards the tip of the ski.

Combi skis

These are skis that can be used for Skate and Classic. They are roughly the same length as Skate skis but have a softer flex that allows for a skier to "kick". If you have combi skis, you **must** completely clean off your kick wax before you come to the next practice. If you are planning to use combi skis this season it would be good to have some basic waxing equipment at home. Combi skis seem like a good option but often end up being more trouble than they're worth. They technically can do both techniques but do not perform well at either. They're too soft for a skate ski and too stiff for a classic ski.

Clothing

Please do not ski in cotton clothing- ever! Brand names such as Swix, Toko, Sporthill, Craft, Bjorn Daehlie and Mountain Hardware have ski specific clothing. Most second-hand stores are filled to the brim with appropriate ski attire.

It may seem counter intuitive but thin gloves and hats are warmer and better than thick gloves or mitts and thick knit hats. Thick gloves are impossible to get into pole straps and cause hands to sweat- which leaves hands cold and miserable in minutes. Mittens (that work with the pole straps) are just fine for this age group.

Skiers must wear their hat at every practice!

Other important items: sunglasses (avoid goggles), water bottle and carrier (avoid camelbacks because they restrict shoulder movement and tubes can freeze), long sleeve top (wool or synthetic) jacket, pants, and **a full change of clothes for after practice** (extra dry shirt, hat and socks are a **must!**) Please make sure to have a backpack that can hold all these items.