



Bogus Basin Nordic Team

Equipment Needs and Information Winter 2011-2012

Notes For All Athletes

- World Cycle and Ski and Idaho Mountain Touring are the two shops in town that support BBNT. I would encourage you to shop at these supporting businesses not only because they offer deals to BBNT athlete 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.
- The local shops will be your best bet for getting fitted with gear. Coach Nick Crawford 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.
- **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 sometimes 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 Klister 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 for next summer

All high school athletes will need to own at least skate rollerskis next summer to be on the comp team and if you have been on the comp team in years past classic skis will be strongly encouraged as well. The fleet of team owned rollerskis is aging and we want to save what's left of the wheels for newcomers. Additionally you really should have your own skis 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 unless you ski a ton.

Marwe is considered by many (myself included) to make the best rollerskis in the world. The problem is they are only available by one distributor in the US (Fin Sisu) so they can be \$100 more expensive than the competition. Sweenor is also making really good skis and you can get them at a great deal at World Cycle. Either way 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 next year 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.

2 Pairs of Boots

- A good skate boot with good ankle support is very important for mastering skate skiing
- Classic boots need much less support and combi boots or classic specific boots are fine.

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).

Equipment Leasing

Bogus Basin and Idaho Mountain Touring will be offering us leasing packages this year. This could be a good way to go for rapidly growing athletes. Comp-Devo athletes will be racing out of town enough times during the year that the IMT leasing option is the way to go (the Bogus equipment needs to stay at the mountain).

Rollerskis for next summer?

While we won't require the middle school age to have rollerskis, our team collection is pretty beat up so you may want your own pair that is in better condition. The good news is you can't outgrow rollerskis and the wheels will last over 5 years unless you ski a ton. 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. Marwe makes what many people consider to be the best rollerskis on the market but they are unfortunately only able to be sold online by one distributor in the US (Finn Sisu) meaning that the price is at least \$100 more than the competition. If you're still new to rollerskiing look into getting Sweenor rollerskis which are available for a great deal at World Cycle.

Rec 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 Bogus Basin should be fine as we will be doing all of our skiing at Bogus with the exception of the Western States Youth Ski Festival trip in Bozeman in February. If you needed to you could probably borrow or rent skis for that weekend. Leasing from Bogus Basin will cost team members \$79 and can be purchased at the "in town" offices before the season starts. Idaho Mountain Touring will also be offering leasing packages that are yours for the whole season so can be taken out of town.

Youth Rec 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.

1-2+ years of previous experience

All of the information for the Older Rec team will apply to you as your group will be doing a mix of classic and skating technique.

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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 over
- 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

- All team members will receive a hat that will be appropriate for training but probably a little too heavy for serious racers
- Team jackets are recommended for all ages. They will be “mid weight” good for throwing over a non-cotton tee shirt on warm days or 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.