

WSRC Equipment Recommendations for 2020/21 Season

Disclaimer:

All length and radius recommendations are approximate given that not all brands use the same lengths. Most companies should have lengths that fall within, or very close to, the spectrums provided for each age group and discipline.

We know that there can be significant size and skill level differences in athletes, especially in the younger categories. If your athlete falls into the smaller than average or larger than average category of athlete or more or less skilled than average please contact the coaches at coaching@wentworthracing.com and we will provide a personal recommendation for your athlete.

With regards to boots and bindings, if you have any questions please ask as these are very important pieces of equipment. Boots in particular are the MOST IMPORTANT piece of equipment a ski racer has. They need to be fitted and set up to match the unique physiology of each athlete. For all boot fitting and alignment questions and needs please contact Coach Mike Byrne at MLByrne91@gmail.com and he will advise you on how to proceed.

U12

Males:

Discipline	1st Year	2nd Year
GS	- Jr. GS Race Skis - 140-153	- Jr. GS Race Skis - 148 - 166
SL	- Jr. SL Race Skis - 132-144	- Jr. SL Race Skis - 138-150

Females:

Discipline	1st Year	2nd Year
GS	- Jr. GS Race Skis - 135-150	- Jr. GS Race Skis - 145 - 160
SL	- Jr. SL Race Skis - 132-144	- Jr. SL Race Skis - 138-150

Bindings: U12 Athletes should be in a race binding that has a DIN that goes up to 9-12. Most will start at 2 or 3. Most shops will have the appropriate binding to match the skis ready to go. If you have any questions just ask.

Boots: Boots are the MOST IMPORTANT PIECE OF EQUIPMENT. U12 athletes will require a wide range of boots depending on height, weight and skill level. For boot recommendations please contact coaching@wentworthracing.com.

****Two pairs recommended but not a necessity (for first years)****

A pair of GS and SL skis following the guidelines above is the ideal scenario. GS skis help to further the development of the athletes by taking away the ability to “cheat” with the sidecut. They also provide a more stable and safer ski at speed when skiing GS. That being said we have had athletes size up a bit on a pair of SL skis and use those for both events. This does compromise a bit in each event (a bit long for SL and a bit short for GS) but is acceptable. We DO NOT recommend this for second year U12s as they need to acclimatize to the GS skis to prepare for a smooth transition to U14.

U14

Males:

Discipline	1st Year	2nd Year
GS	<ul style="list-style-type: none"> - Jr. GS Race Skis - 158-174 	<ul style="list-style-type: none"> - Jr GS Race Skis - 166-175 <p>OR</p> <ul style="list-style-type: none"> - FIS (Adult) GS Race Skis - 175-182 - **Weight and skill dependent**
SL	<ul style="list-style-type: none"> - Jr. SL Race Skis - 145-152 	<ul style="list-style-type: none"> - Jr. SL Race Skis - 150-152 <p>OR</p> <ul style="list-style-type: none"> - FIS (Adult) SL Race Skis - 150-157 - **Weight and skill dependent**
SG	<ul style="list-style-type: none"> - Jr. SG Race Skis 	<ul style="list-style-type: none"> - Jr. SG Race Skis

	- 27-33M Radius - 175-185	- 30-33M Radius - 180-195
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Females:

Discipline	1 st Year	2 nd Year
GS	- Jr. GS Race Skis - 158-174	- Jr GS Race Skis - 166-175 OR - FIS (Adult) GS Race Skis - 175 - **Weight and skill dependent**
SL	- Jr. SL Race Skis - 145-152	- Jr. SL Race Skis - 150-152 OR - FIS (Adult) SL Race Skis - 150-157 - **Weight and skill dependent**
SG	- Jr. SG Race Skis - 27-30M Radius - 175-185	- Jr. SG Race Skis - 30-33M Radius - 180-190

Bindings: U14 Athletes should be in a race binding that has a DIN that goes up to 11/12 at a minimum. A Binding that goes to 14 or 16 is also acceptable. As long as minimum DIN is no higher than 6. Most shops will have the appropriate binding to match the skis ready to go. If you have any questions just ask.

Boots: Boots are the MOST IMPORTANT PIECE OF EQUIPMENT. U14 athletes will require a wide range of boots depending on height, weight and skill level. For boot recommendations please contact coaching@wentworthracing.com.

U16

Males:

Discipline	1 st Year	2 nd Year
GS	- FIS GS Race Skis	- FIS (Adult) GS Race Skis

	- 175-182	- 182
SL	- FIS SL Race Skis - 155-157	- FIS (Adult) SL Race Skis - 155-165
SG	- Jr. SG Race Skis - 30-33M Radius - 185-201	- Jr. SG Race Skis - 30-33M Radius - 191-201

Females:

Discipline	1st Year	2nd Year
GS	- Jr. GS Race Skis - 170-175 OR - FIS GS Race Skis - 175-182 - **Weight and skill dependent**	- FIS (Adult) GS Race Skis - 175-182
SL	- Jr. SL Race Skis - 150 OR - FIS SL Race Skis - 150-157 - **Weight and skill dependent**	- FIS (Adult) SL Race Skis - 150-157
SG	- Jr. SG Race Skis - 30-33M Radius - 180-195	- Jr. SG Race Skis - 30-33M Radius - 185-201

Bindings: U16 Athletes should be in a race binding that has a DIN that goes up to 14 at a minimum. A Binding that goes to 16 is also acceptable. As long as minimum DIN is no higher than 6. Most shops will have the appropriate binding to match the skis ready to go. If you have any questions just ask.

Boots: Boots are the MOST IMPORTANT PIECE OF EQUIPMENT. U16 athletes will require a wide range of boots depending on height, weight and skill level. For boot recommendations please contact coaching@wentworthracing.com.

FIS (U18+)

U18 and up athletes should be on FIS approved equipment for all disciplines. We understand that some may not wish to race FIS and if that is the case then you can use the second year U16 guidelines above to choose your equipment.

Men should be on a 188-193 FIS GS ski and a 165 FIS SL ski. GS Radius must be >30M and SL must be >12.5M.

Women should be on a 183(30M)-188 FIS GS ski and a 155-157 FIS SL ski. GS Radius must be >30M and SL must be >11.5M.

For SG Men should be on a 207-213 FIS SG Ski with a radius >45M.

For SG Women should be on a 202-207 FIS SG Ski with a radius >40M.

Tuning Equipment:

We will have a club rate for products from Sidecut Racing and will get the price lists out to you as soon as we have them. Their products are top notch and very well priced. We will also be doing one or two club buy-nights with them next fall/winter. They offer fantastic pre-packaged tuning kit options to suit all your needs.

Here are the essentials for a tuning kit:

- **Buy from major ski race brands (if you do not buy from Sidecut)**
 - o Sidecut
 - o Holmenkol
 - o Toko
 - o Swix
- **Tool Box**
 - o Get a tool box. Can be one from a hardware store but get something to organize your equipment.
- **Bench**
 - o Most tuning companies sell foldable metal tuning tables and these are fantastic if you plan to travel with your tuning gear or simply do not have a permanent space in your home or cottage for tuning

- o If you have space in your home or cottage for a tuning area building a simple wooden bench or table works as well
- o Having a solid, roomy place to tune will make life far easier and increase tuning ease and efficiency
- **Vices**
 - o BUY GOOD VICES!! (You'll thank us later!)
 - o Vices vary in price but a good set of brand name, ski racing specific vices will save you a ton of headaches
 - o Get the three-piece set with the middle vice for scraping and brushing
- **Iron**
 - o Buy a ski specific iron from a race brand
 - o You do not need the super expensive one, the basic one will do
- **Wax**
 - o You can stock your kit at the start of the year
 - o If you use Nanox simply buy the quantity you believe you will need for the season.
 - o If you use any of the other brands there will be different colors for different temperatures
 - o DO NOT BUY LOW OR HIGH FLURO WAX
 - o Simply Hydrocarbon wax is best (the cheap stuff)
 - It works best on a wide variety of snow and is easier to get out of a base if you get it wrong
 - o Buy a big block of each temperature (usually three main ranges/colors)
 - o Wax doesn't go bad...
- **Scrapers**
 - o Buy a couple to start the year
 - o A sharp scraper makes tuning much more efficient and effective
- **Scraper Sharpener**
 - o These range from simple bolt on ones for your bench to electric ones
 - o All are good
 - o Will extend the life of scrapers and make scraping far more efficient and effective
- **Brushes**
 - o VERY IMPORTANT

- o Brushing after scraping is what gets excess wax out of the base and makes the ski fast
- o You should have:
 - A brass brush
 - A horsehair brush
- o There are many types (oval, rectangle, drill operated, multi bristle type)
- o Cost varies as does quality and ease of use
- **Side Edge File Guide(s)**
 - o DO NOT BUY ADJUSTABLE GUIDES
 - o Buy the aluminum guides which require clamps (screw or spring depending on brand) to hold the file or stone to the guide.
 - o For U14 and up athletes you should be using a 3-degree (87/93) file guide
 - o For U12 and down you should be using a 2-degree (88/92) file guide
 - o For U14 SG tune at 2 degrees and switch to 3 degrees in U16
- **Base Edge File Guide**
 - o Everyone should have a 0.5-degree base edge file guide
 - o They look like a plastic sleeve, very simple and cheap
- **Spring clamps** to hold files and stones to guides (if the brand you buy does not have a fastening device)
- **Files**
 - o You should have a medium and a large file from one of the major tuning brands
- **Diamond Stones**
 - o You should have at minimum a coarse and a medium grit diamond stone from one of the major brands
- **File Brush**
 - o A metal (usually steel) bristled brush for cleaning out the grooves of your files
 - o They come in many sizes – up to you
 - o Can usually be found at a hardware store
- **Apron**
 - o You can get these from the tuning companies or simply from the cooking section at a hardware store.
 - o You will thank us later
- **Sidewall Remover**

- o This is not essential but will last you forever and can come in very handy, especially if you are trying to make a pair of skis last more than a year.

As with everything if you have any questions regarding tuning equipment please feel free to ask.