

Dear Junior Athletes and Parents,

Below you will find a list of recommended equipment for the APU Junior program.

Please read the list and let the coaches know if you have any questions - we are more than happy to help!

Summer

***Running shoes** – trail shoes are usually best as most time is spent on trails, not pavement. Getting a new pair of shoes 1-2 times per season is a good idea and will prevent a host of injuries! The juniors also tend to partake in some “bog running” and it’s nice to have a dry pair of shoes when one pair is still wet from the last practice!

***Gym shoes** – Junior athletes are highly encouraged to have a second pair of shoes for practices at APU. Dirty shoes are not allowed in the APU weight room. Gym shoes must be good for jumping and impact but they do not need to be trail shoes.

***Water belt/drink belt**

***Weather appropriate clothing.** Long sleeve synthetic or wool shirt. Hat, gloves, long pants if weather calls for it.

***Helmet** – All APU athletes are required to wear helmets when on roller skis or bikes.

***Roller skis** - 1-2 pairs. If you are only going to get one, we recommend getting skate skis over “combi skis.” While it’s tempting to get a ski that can function as both, you will lose quality and function in both directions. (See below for lengthy roller ski recommendations)

***Ski poles with ferrules** – you can use the same ski poles for roller skiing that you use for skiing. The only different is that you’ll have to get some pavement-specific tips called “ferrules.” Ferrules are more durable for hard pavement and will not break down as easily as snow baskets.

(All roller skis and ski specific equipment is available at AMH)

Ski Skett (skate) - Fires

This is a great ski with a low center of gravity making it easy to balance and stable. The skis are light due to the aluminum shaft. If you are only purchasing one pair of roller skis, this is the one we would recommend.

Swenor (skate) - Elite

Recommended for advanced Juniors and those who are looking for a performance ski -This is a great ski with a flexible, carbon shaft. The higher center of gravity and narrow wheels make it more lively than the ski skett fire but it requires a more “advanced driver.” (Most beginner/intermediate juniors prefer the feel of the Fires over one of these skis that require excellent balance and strong ankles.)

Swenor (Skate) - Alu

Recommended for advanced Juniors and those who are looking for a performance ski – this is the more economical version. This ski is lighter than the skate elite but has a rigid, aluminum shaft that does not flex like a ski.

Swenor (classic) - FibreGlass Cap

This ski is our top, program wide recommendation for classic ski. This ski has a nice feel to it, a flexible shaft, is stable, and kicks well. It IS a bit on the heavy side so it’s not recommended for lighter skiers.

Swenor (classic) – TriStar Alu

This is the economy version of the FibreGlass ski. This ski is light and stable due to the aluminum shaft however it does not flex like a ski and/or the FibreGlass ski. This classic ski is probably better for smaller skiers because it's *light*.

*We believe that the "standard wheels" that come with the classic skis are TOO fast. We recommend asking for the "slower wheel" which will provide a better training opportunity. The ski will travel at a speed that is more similar to snow. If the wheels are too fast, it is difficult to get a decent workout.) The "standard skate wheel" speed is okay as-is.

Fall

*The recommended gear list for the fall session is the same as the summer.

Winter

We know that skis can be expensive. However, we try to talk people out of using "combi skis" as much as possible. Skate and classic skis have much different characteristics in terms of length, shape of the camber, and flex. If you have combi skis, they must be cleaned and re-waxed for each session. (Kick wax needs to be taken off after classic skiing, before skating.)

Every November we have a specific APU/AMH night where all APU coaches spend the evening at AMH helping athletes pick out gear. The shop stays open late for us and team prices apply! There are also a host of ski swaps including an APU-club swap which is a great opportunity to find used, affordable gear.

***Classic Skis/classic boots** – Classic skis and boots that fit and are comfortable.

***Skate Skis/skate boots** – Skate skis and boots that fit and are comfortable.

(We recommend choosing ONE binding system and sticking with it.)

***Drink belt with capacity to carry kick wax and cork** – This is the best way to carry around your waxing supplies and have water at the same time!

***Kick wax cork** – A cork is extremely helpful for applying kick wax. A cork should be carried at all times during classic skiing sessions.

***Kick wax** – we recommend a minimum of three kick waxes for classic skiing. It is difficult (to say the least!) when 20 kids come to a classical skiing practice without their own wax. We recommend Swix blue/V30, Swix Extra Blue/V40, and Swix Violet/V50. A more complete list of waxing supplies will be sent out in the winter.

***Skate and/or Classic "rock skis"** – Rock skis are for early, marginal, or late skiing conditions. Rock skis are optional but highly recommended as we ski in lots of far-from-perfect conditions. Rock skis do NOT need to be nice skis. In fact, it's just the opposite. Any old garage sale ski will work. Having rock skis will keep your race skis in good shape for racing!

***Optional:** Team training jacket, APU racing suit