

## Racing Gear

Development Team - Bronze & Silver Nastar racers. Gold and platinum racers noted.

### U10

**Skis**, 1 pair typically chin to nose height. Low radius (8,9,10) as we mostly slalom. Preferably front side carving skis, traditionally mounted bindings, though center mounted twin tips will work but not recommended for training.

**Boots**, 1-2 finger behind the heel inside the boot shell fit. Put boot toes to wall, flex knee to wall to test flex, knee should touch wall.

**Poles** needed, consider adjustable.

**Helmet** needed, consider FIS

### U12

**Skis**, 2 pair for Gold+ racers, otherwise 1 SL pair.

SL over 130 length, low radius (8,9,10) front side carving skis or race stock.

GS consider 17m radius, might be eyebrow height or taller. Front side carving skis or race stock preferred. No twin tips, no center mounted bindings for training.

**Boots**, 1-2 finger behind the heel inside the boot shell fit. Put boot toes to wall, flex knee to wall to test flex, knee should touch wall. Find boot that flexes for racers size, weight, and strength, Race boot-stiff, Front Side boot-medium, Free Ride boot-soft.

**Poles**, consider pole guards

**Helmet** needed, recommend FIS

### U14

**Skis**, 2 pair for Gold+ racers, otherwise 1 SL pair.

SL over 130 length, low radius (9,10,12) front side carving skis or race stock.

GS 17r front side carvers or race stock needed, might be forehead to a few inches taller height.

No twin tips, no center mounted bindings for training.

**Boots**, 1-2 finger behind the heel inside the boot shell fit. Put toes to wall, flex knee to wall to test flex, knee should touch wall, with heel down. Find boot that flexes for racers size and weight and strength, Race boot-stiff, Front Side boot-medium, Free Ride boot-soft.

**Poles**, pole guards

Recommend Shin Guards

Consider Speed Suit

**FIS Helmet** required for Gold+, recommended all other racers

### U16

**Skis**, 2 pair for Gold+ racers, otherwise 1 SL pair.

SL over 130 length, low radius (10,12,13) front side carver or race stock, no longer than 165

GS 17r front side carver or race stock needed, might be forehead to a few inches taller height.

No twin tips, no center mounted bindings for training.

**Boots**, 1-1.5 finger behind the heel inside the boot shell fit. Put toes to wall, flex knee to wall to test flex, knee should touch wall, with heel down. Find boot that flexes for racers size, weight, and strength, Race-stiff, Front Side-medium, Free Ride-soft.

**Poles**, consider 2 pair for Gold+, pole guards for SL, no guards on GS poles

Gold+ need Speed Suit, arm guards

Gold+ Consider Back protection

**FIS Helmet** required for Gold+, recommended all other racers