

The Gear

Note: If you do not have some or most of the following gear, that is ok, we will find something to get you going. It is expected from skiers to be willing to get the required gear to fully participate in training and racing events.

We will announce before each practice what gear is required. Questions of what gear works best for you and so on is part of our regular training.

- **Helmet, water bottle with holder** are mandatory at every dryland practice, cool or retro shades help.
- You will need a pair of **rollerskis**, skate or combi for starters. Poles should be the same as you use on snow, good quality and stiff. Pole tips should be carbide. You will need some shorter poles for walking, cheap old poles are fine.
- Bring **running shoes** to do nordic walking, running, strength, etc.
- On snow you will need an older pair of skate skis, and classic skis. We call these **rock skis**, they are essential to train on snow as soon as there is snow on the ground.
- Warmup and regular skis could be your rock skis or another pair.
- A **good pair of skate and classic skis** is required. Top end is not required, what is more important is the right flex for the conditions you ski in most. For classic it is important to get skis that work for you right now. Do not buy skis that are stiff, they do not work for you, may be never. Please ask your coach before you buy classic skis.
- A decent pair of **waxless** skis with a bit of a camber for better glide are great to have. Classic Zero skis are optional, but are being used more on the racing circuit. Hairies are also used in racing, they are soft classic skis that are "rubbed" or sanded in the kick zone for zero conditions.
- You will need to get some basic glide and kick waxes.
- Green, blue, and pink glider, hydrocarbon or low fluoro.
- Groove and flat scraper, a nylon brush, a horsehair brush, some fibrelene and wax cleaner should be in your box or bag.
- Kick waxes, keep it simple, green, blue, violet, and red for starters. A couple of synthetic corks, plus universal klister. Plus Blue, purple and red klisters, so you can ski well into April if snow allows.
- Invest in a good iron, it will save the ski base. Avoid household irons.

Recommended for FOCUS 2 and 3:

- Record all your training, setup an account on <http://www.ilog.ca> it is only 25/year. This program works. You and your coach can monitor your progress.
- If racing on the Ontario Cup circuit, you will need to get a racing licence <http://www.ccski.com/Events/License-Applications.aspx>

Clothing, snacks and water

- Proper warm clothing is required to be comfortable during practice. Dress in layers so you can shed layers as required.
- Racing suits work great for racing, over pants and warmup jackets are required.
- Be well hydrated and fueled before practice. Good food, granola bars, power bars work well with water to keep your energy topped up. Stay hydrated during practice.
- Good eating habits become even more important when you are training full time.
- All that training, the body is cold after a session and starving for fuel. Muscles have to deliver whatever is left to repair themselves. Eating a snack and hydrating within 20 minutes after practice speeds up recovery, delivers food to repair muscle, well, it keeps you healthy. The result is adaptation, you will improve speed and strength. Make this a habit. I'll be looking for that.

Coaches

Interested in high performance coaching, consider joining us. This may just be the thing you have been looking to do.

NCCP certification is required for insurance purposes. Courses are offered regularly.

Role of Parents or Guardian

- We need your help in getting proper equipment for our athletes.
- Arrive on time
- Support your athlete, child in a positive and constructive manner as he or she pursues their competitive goals in ski racing
- Be supportive and encouraging of other Georgian Nordic members
- Volunteer to assist at races in some capacity (hotel logistics, wax support, shelter set up, transportation facilitator, etc.)
- assist in at least one team fundraiser a year
- offer to volunteer at one club event to show appreciation of club support for our athletes

Finally

All fees go to the club. The club carries a large part of the cost to keep the membership fee down. The fee covers only a small part of the equipment and waxing cost we have available for racing. Travel, accommodation, and race registration is not included in fee.

Come and ski with us.

Peter Wiltmann

NCCP level 3 certified

Transcript on Coach.ca

Coach number: 794038

705-342-9397

Georgian Nordic Ski Team

Wawanaisa Road 33

Nobel, Ontario

POG 1G0

Katja Mathys

also Level 3 certified

will be with us when she can

She is a great resource for all of us.