

## Alyeska Ski Club Juniors Equipment Recommendations

Club - Divisional USSA Athletes							
SL		GS		SG		DH	
Length (cm)	Radius (m)	Length (cm)	Radius (m)	Length (cm)	Radius (m)	Length (cm)	Radius (m)

U10	Under 70 lbs	125-135	-10	125-135	-10
	Over 70 lbs	135-145	-10	135-145	-10

U12	1st Year	M	135-145	-10	145-155	-17
		F	135-145	-10	145-155	-17
	2nd Year	M	145-150	9-11	155-165	-17
		F	145-150	9-11	155-165	-17

U14	1st Year	M	145-150	9-11	165-175	17-19	175+	17+
		F	145-150	9-11	165-175	17-19	175+	17+
	2nd Year	M	150	11	170-180	17-21	185+	17+
		F	150	11	170-175	17-21	185+	17+

U16	1st Year	M	155	11-12	175-180	21-23	190+	30+	200+	30+
		F	150-155	11-12	170-180	21-23	190+	30+	200+	30+
	2nd Year	M	165	11-12	175-185	21-25	190+	30+	200+	30+
		F	155	11-12	175-180	21-25	190+	30+	200+	30+

U18	1st Year	M	165	12-13	180-188	25-27	200+	30+	205+	30+
		F	155	11-13	180-188	25-27	200+	30+	205+	30+
	2nd Year	M	165	12-13	188	25-27	200+	30+	205+	30+
		F	155	11-13	180-188	25-27	200+	30+	205+	30+

USSA Regional Athletes							
SL		GS		SG		DH	
Length (cm)	Radius (m)	Length (cm)	Radius (m)	Length (cm)	Radius (m)	Length (cm)	Radius (m)

145-150	9-11	170-180	17-19	175+	17+
145-150	9-11	165-175	17-19	175+	17+
150	11	170-180	19-21	185+	17+
150	11	170-175	19-21	185+	17+

155	11-12	175-185	23-25	190+	30+	200+	30+
150-155	11-12	170-180	21-23	190+	30+	200+	30+
165	11-12	175-185	23-25	190+	30+	200+	30+
155	11-12	175-180	23-25	190+	30+	200+	30+

165	12-13	180-188	25-27	200+	30+	205+	30+
155	11-13	180-188	25-27	200+	30+	205+	30+
165	12-13	188	27-30	200+	30+	205+	30+
155	11-13	180-188	27-30	200+	30+	205+	30+

FIS Athletes							
SL		GS		SG		DH	
Length (cm)	Radius (m)	Length (cm)	Radius (m)	Length (cm)	Radius (m)	Length (cm)	Radius (m)

145-150	-12	170-185	21-23	185-195	25-30
145-150	-12	170-180	21-23	175-190	23-30
150-155	-12	175-185	23-25	190-200	25-35
145-150	-12	175-180	23-25	180-195	25-30

155	11-12	183-188	25-27	195-205	35-40	200-210	35+
150-155	11-12	183-188	25-27	185-200	30-40	200-210	35+
165	11-12	188	27-30	200-210	40	200-210	35+
155	11-12	183-188	27-30	190-205	35-40	200-210	35+

165	12-13	193	30	210	45+	218+	50+
155	11-13	188	30	205	40+	210+	50+
165	12-13	193	30	210	45+	218+	50+
155	11-13	188	30	205	40+	210+	50+

**Note:** These are general ski recommendations based in part on current USSA and FIS requirements. The intent of this sizing guide is to assure athletes are on the correct size/radius of equipment specific to their age and the level of competition they plan on participating in. **Athletes who only intend on competing in local and Divisional USSA events should follow the Local - Divisional recommendations. Athletes who intend on competing in both Divisional and Regional events should follow the Regional recommendations. Athletes who intend on competing in any FIS event (International Children's event, Regional, National or International FIS) in the current or future seasons should follow the FIS guidelines.** The best sizing recommendation will always be that of the athlete's coach - the person most familiar with his/her skiing. Athletes who choose to use or purchase equipment outside of these recommendations should only do so after consulting with his/her Head Coach. Athletes who use equipment that falls outside of the current USSA or FIS rules may be disqualified and/or not allowed to start at an event.

Boot Flex Recommendations	
Weight (lbs)	Boot Flex
under 60	50-under
70-60	50-60
80-90	60-70
90-100	70-80
100-110	80-90
110-120	90-100
120-130	100-110
130-140	110-120
140+	120-130

**Note:** These are general recommendations based strictly on an athlete's weight. If an athlete is a very aggressive skier and/or tall for their age they may want to go with a slightly stiffer boot for more support. Remember you can always make a boot softer (reduce rating by 10-15) by removing screws and/or cutting the shell but it almost impossible to make a boot stiffer. Buying boots is a balance between comfort and performance. A boot that is too big may feel very comfortable initially but it will not allow the athlete to perform to their best and/or learn new skills as easily.

Ski Pole Length Recommendations		
Athlete Height (cm)	SL Length (cm)	GS, SG, DH Length (cm)
30-35	85-90	95
35-40	90-95	100
40-45	95-100	105
45-50	100-105	110
50-55	105-110	115
55-60	110-115	120
60-65	115-120	125
65-70	120-135	130
70-75	125-130	135
75-80	130-135	140
80+	135-140	140

**Note:** These are general recommendations based strictly on an athlete's overall height. It does not take into account if an athlete has disproportionately long legs or short torso. Remember you can always make a pole shorter by cutting it down but it is impossible to make a pole longer. When sizing poles keep in mind that an athlete will be standing on skis/lifters and boots. Poles that are too short will hinder an athletes performance and ability to make an effective pole plant/SL block.