

It's very important to come to ski lessons prepared for your level. The right equipment will foster confidence and success to learn the designated skills. Skiers who have poorly fitting or the wrong type of equipment for their class become discouraged with their own development and may negatively impact classmates. In the older aged classes, skiers who do not have the right equipment may be required to change levels.

Bunnyrabbit (Jr and Sr), Jackrabbit Level One and Level Two (approx. ages 4-7)*

Your child will need classic boots and skis; waxless (scale or skin) skis are great for simplicity and appropriate at all of these levels. Boot skis (skis that stap on to winter boots) are discouraged. Poles are introduced in Jackrabbit Level One. A snow suit, water-resistant mittens (better than gloves), toque, and neck/face covering (e.g., Buff) are needed. Consider dressing in layers (base layer or thermal underwear).

1. Classic skis
2. Classic boots
3. Classic cross country poles in Jackrabbit Level One and Two only (no poles in Bunnies)
4. Snowsuit

Jackrabbit Level Three and Four (approx. age 8-10)*

Your child will be learning skate skiing technique in addition to continuing with classic skills. This is the year to move away from waxless skis and on to wax skis. Eventually your skier will benefit from having a set of skate skis and a set of classic skis; however, at this stage of skill development one set of skis and poles is fine, provided s/he has:

1. Wax skis
2. Combination boots
3. Ski poles that are no lower than armpit, preferably a bit longer to the shoulder/collarbone (but not much longer than that)
4. Breathable layers of clothing

Track Attack (approx. age 10-14)*

Track Attack skiers focus on skill refinement, improvement in fitness level, and having fun with friends. They will be encouraged to participate in club races; however, racing and training are not the focus of this group. Only classic skis are required to participate in Track Attack.

1. Classic wax skis recommended (skate skis optional)
2. Combination or classic boots
3. Classic poles
4. Breathable layers of clothing

Racing Rabbit 2x week (approx. age 10-14)

Racing Rabbit skiers focus on skill development, fun, and are introduced to racing. These skiers will be encouraged to participate in local and provincial races. Both classic and skate skis are required to participate.

1. Skate and classic wax skis
2. Combination boots or classic and skate boots
3. Classic and skate poles
4. Breathable layers of clothing

Ski Teams 2-3x week

These skiers will be encouraged to participate in local and provincial races. Both classic and skate skis are required to participate.

1. Skate and classic wax skis
2. Classic and skate boots
3. Classic and skate poles
4. Breathable layers of clothing

*Ages suggested are a general guideline for those who start Bunnies at age four.

Equipment rationale for Level Three, Four, Track Attack, and Racing Rabbits can be found on soofinnishnordic.com under Programs.

