



Are you and your skis ready for camp?

Hello there.

I just wanted to check in with everyone to make sure everyone's ski equipment will be ready for ski camp. I have been to a few ski camps over the years and have seen ski equipment in varying states of readiness. Or not ready at all! So I am giving you a little list of things to have done for camp to avoid any problems.

Boots:

Make sure that new boots are fitted and that you have foot beds made for them. The insoles that come with boots are pretty much useless. That and you have been running around in flip flops all summer. And now you are at 10,000 feet and you are shoving your foot into a stiff, cold plastic vise! No fun, I can assure you.

If the boot soles need to be ground and have walking soles put on, DO THIS before you leave. Visit Sporting Life as early as you can. Don't wait until a week before to get your skis and boots organized.

Skis & Bindings:

Make sure that NEW SKIS are prepared and ready to ski!! You do not want to spend thousands of dollars on a ski camp and save \$200 on a couple of new ski preps. New race skis are usually base high. Or, not flat. Guaranteed! There will be no worse feeling than skidding around on a frozen race course with unprepared skis. You will accomplish

nothing and may injure yourself. A new ski race prep at Sporting Life consists of: cleaning the base, checking the base edge angle to ensure that it is correct. Usually about .5 degree unless the skier is very young\lightweight. Also this angle can change with the discipline (GS, SL, and SG etc.) Know your base edge angle! Talk to your coach about this.

Which leads us to the ski base. If the base edge angle is over 1 degree the ski will need to be ground flat. You can be sure that skidding around on a frozen ski run at 8:30 in the morning will be VERY FRUSTRATING! Again, you will accomplish nothing if you cannot control your skis. Have a spring type grind put on as it will run best in the thawing snow/ice. The early season / thin snow cover can be very abrasive. It is recommended that you regrind your base upon return. This will have you ready for winter ski conditions at home.

Sidewall removal and side edge preparation are super important. The sidewall should be removed PROPERLY. The top sheet must also be shaved back. You want to be sure that this is done. It will make the ski easier to sharpen. Also it will make a GS or SG ski run faster and be way easier to put on edge. Also if the sidewall is not done properly YOU WILL damage your edges trying to sharpen them. Guaranteed! Know your side edge angle. 1, 2, 3 degrees etc. Again, ask your coach if you are unsure.

Wax your skis a few times if possible before you go. It will help them run better and will help preserve the bases. The early season/thin snow cover is very dirty and abrasive. It will wear the ski very quickly!!

Have the ski bindings installed and **checked with your own boot** before you go. The bindings are the link between you and the skis. A million things can go wrong here. No need to elaborate.

Tuning equipment to pack:

Start with a container to put your tools in. To keep tools clean. If you have your skis properly prepared you will not need too much tune stuff.

- Side edge guide and clamp.
- Base edge guide.
- A copper/brass brush (the only brush needed).
- A file and some diamond stones (200 and 400 grit stones).
- Some red wax. (red because the brands I use in this temp.range are red. -4 to -10 C waxes are best.)
- A plastic scraper or 2.
- A repair candle.
- Some ski vises if possible. Vises are in short supply. Bring them along if possible. Talk to some of the other athletes going, maybe share a set.
- A ski waxing iron. Not Mom's old clothing iron or a yard sale special.
- An old paintbrush for cleanup.
- Some rags or a small towel to dry your skis off at days end and to wrap your tools in.

Any questions or comments, email bill.ford@sportinglife.ca

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