

## **HVST Equipment List for Athletes**

Parents: All equipment, gloves, hats, goggles, etc. should have your child's name on it.  
Items tend to scatter.

### **Dryland Training:**

Dryland Training is an optional pre-season training for building strength, ability and general conditioning.

**Membership Fees and Registration:** To participate in Dryland Training, athletes must be current with USSA membership and HVST fees and forms. There is an option to pay a \$100 deposit towards the HVST fees with the balance due prior to the start of snow training.

**What to wear and bring:** Athletic shoes and clothing for current weather forecast. Water or a sports drink is required for proper hydration and bring a snack.

**If participating in In-Line-Skating, the following items are required:** Helmet, Wrist Guards, & Knee Pads and inline skates.

Optional items: Elbow Pads, Ski Poles with rubber covered tips or duct tape on tips.

### **On Hill Snow Training:**

**Membership Fees and Registration:** Athletes must be current with USSA membership and HVST fees and forms.

**Lift Ticket:** Each athlete is responsible for purchasing their own lift ticket or season pass.

**Skis, Boots & Poles:** Ski equipment that is the appropriate for the size, age and ability of member. If your child plans on racing, they may wish to purchase various specialized skis, boots and poles. It may be worthwhile to consult with one of the ski team coaches or parents of experience racers prior to making your purchases.

**Ski Helmet:** USSA approved Full Race Ski Helmet (no soft ear covers).

**Goggles:** Goggles are a must particularly when Hidden Valley may be making snow. For skiing during the day, the lens may be tinted. If participating in evening sessions, be sure to have lenses that are appropriate for night conditions (clear or very light tint or photo chromic lenses). Lenses can be switched but it is recommended to have two pair if training for both day and night.

**Advance Race Gear (optional): Racers participating in WIJARA and USSA races may be interested in specialized equipment.**

Slalom hand guards, shin guards, & mouth guards when appropriate to skiing ability.

Speed Suit

**HVST Team Jackets** are completely optional and totally cool! To inquire about purchasing a jacket, visit [www.hvst.org](http://www.hvst.org) or contact Ken Murer at 314-517-8111, or email [kmurer@apcisg.com](mailto:kmurer@apcisg.com)

If you would like to sell or swap your equipment, write your ad, attach a photo and email to Brett Borgard [booger@hvst.org](mailto:booger@hvst.org). Brett will post it on the website and email the ski team.

**Questions:** Please call our Ski Captain and Race Director, **David Coulter, 314-422-1108** or email [skicaptin@earthlink.net](mailto:skicaptin@earthlink.net).