

2017 SNOWBOARD EQUIPMENT SELECTION GUIDELINES

Snowboarding is a “gear intensive” sport but does not require you to buy expensive gear all the time. It is possible to spend considerable sums of money on equipment. However, by shopping wisely, buying used equipment, and only buying what is essential, you can keep costs down.

The following guidelines should help you in deciding what equipment is important for your youngster for the formative years of their ski development.

INTRODUCTION OF SNOWBOARD DISCIPLINES

Alpine - Parallel Giant Slalom

The most notable change in 2002 was that the Giant Slalom discipline contested in 1998 had been changed to a dual event - the Parallel Giant Slalom. PGS features head-to-head competition. All competitors race the clock in the qualification round and the fastest 16 racers advance to the elimination round. These 16 competitors battle it out on two, side-by-side courses. After run one, the riders switch courses and in run two, the gate of the person that won the first race opens first, equivalent to the amount of time they led by. This ensures that the second run of each round really is a ‘first past the post’ race. The winner after the second race advances to repeat the process while the other heads to the stands to watch the outcome

Alpine - Parallel Slalom

Similar to Parallel Giant Slalom but actual speeds are slightly less. The gates are more plentiful and closer together, causing the riders to have to be quicker from edge to edge.

Snowboardcross

The newest Olympic discipline sees competitors race through a course that features banked turns, terrain changes and jumps. This discipline truly tests a rider’s all-around skills – and nerve. Each rider races the course solo at first, and the fastest times determine the start order for the knock-out rounds. The elimination rounds then see FOUR riders in the start gate at the same time and racing together on the same course, with the fastest two advancing on to each next round. A four-rider final determines the medal positions.

Freestyle - Halfpipe

The Halfpipe competition is a judged event. Judges each give the rider's completed run an overall impression score. The runs are evaluated using several criteria including the sequence of tricks the rider performs, the amount of risk in the run and how the rider uses the pipe. The scores are compared, with a Head Judge overseeing the process. After qualifying for the finals, the slate is wiped clean and qualified competitors take two more runs. The higher of the two final run scores are used to rank the riders and determine a winner.

The size of the Halfpipe and the expertise of the riders in it have grown proportionately. Within eight years, wall heights have practically doubled, increasing to 22 feet. The pitch (steepness) has mellowed to 16.5 degrees from 18 and the transitions between the vertical part of the walls and the flat in the middle have become smoother and bigger. The changes have provided a safer venue for the riders, while at the same time, supporting the development of the sport.

Freestyle - Big Air

As with Halfpipe, Big Air is a judged event. Individual riders approach a single jump (also called a 'Kicker'), perform tricks in the air, and land on a slope of around 30 degrees. Judges award points based on overall impression which will include style, degree of risk and of course a clean landing! For photo opportunities and a big crowd atmosphere, the Big Air event is without peer. The 'Wow factor' is huge, but it is far more difficult for the spectators to be able to tell who will win than it is with the race-based disciplines.

Freestyle - Slopestyle

This newest discipline is making its debut on the World Cup tour this year. It is a snowboard discipline that has gained huge popularity in the past few years. Riders compete individually on a course containing a variety of large jumps, terrain features and rails. They are expected to flow smoothly from start to finish without stopping and the judges look for similar criteria as they do in the halfpipe.

As in previous years, the MBRC Snowboard Program is focusing on all racing disciplines of snowboarding, such as GIANT SLALOM, SLALOM and SNOWBOARDCROSS.

Nevertheless, to develop great overall snowboarding skills, our training is also crossing over into all other disciplines of snowboarding.

Therefore, it requires different equipment, depending on age and focus.

SNOWBOARDS

How many boards do I need?

GROM 0

- For snowboarding athletes in the category Grom 0, we recommend to have one good all-round board (flat to slight camber).
- A racing board is optional.

GROM 1

- For all snowboarding athletes in the category Grom 1, we recommend to have one Freeride/Freestyle board and one more specific racing board (SBX), which they can use equally for gate training/racing and Snowboardcross.

GROM 2

- For all snowboarding athletes in category Grom 2, we recommend to have a Freeride/Freestyle board, a SBX board and "hard equipment" (GS or SL, depending on ability, boots, bindings, board)

JUNIOR/FIS

- For all snowboarding athletes Junior FIS and FIS, we recommend to have specific snowboarding equipment.
- Freeride/Freestyle board, for every day training, free-ride, Park
- 1 SBX specific board - optional a training and a racing board
- 1 Giant Slalom board, including hard boots and bindings, (training/racing board, optional)
- 1 Slalom board, including hard boots and bindings, (training/racing board, optional)

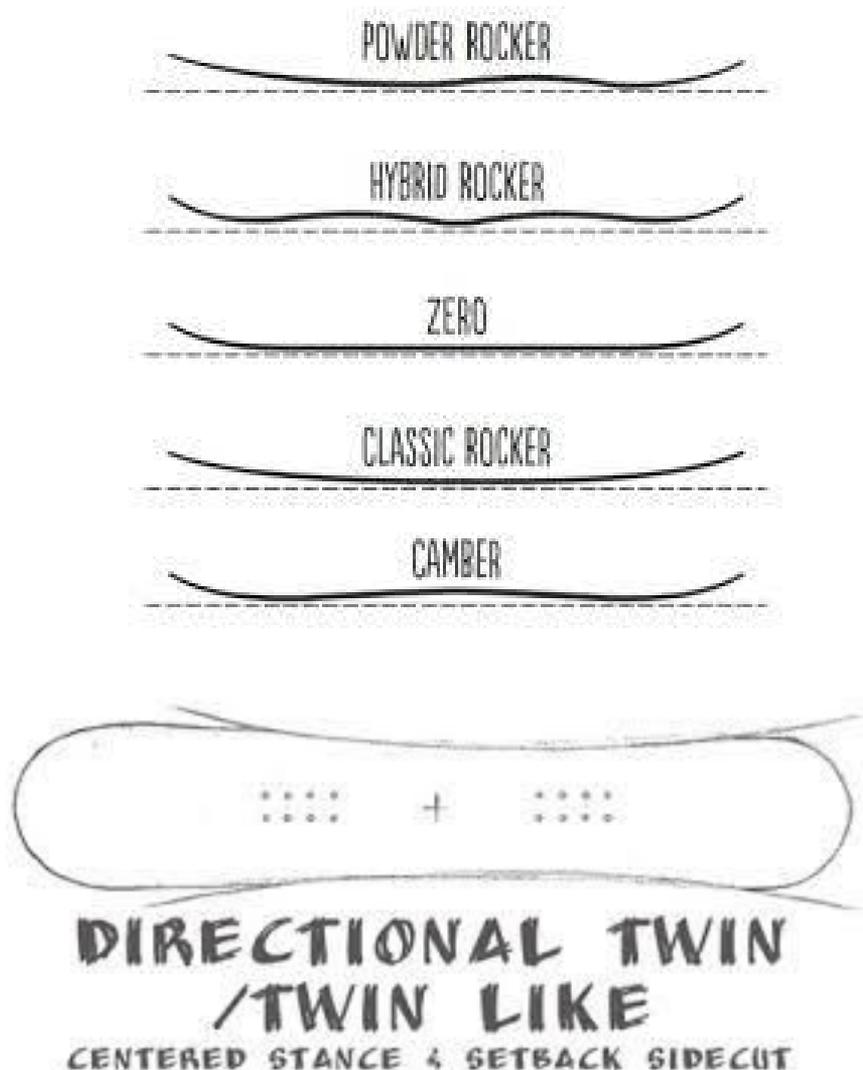
Please Note: MBRC full-time/midweek program athletes in the categories GROM 0, GROM 1, GROM 2, JUNIOR/FIS and FIS require at least one Freeride/Freestyle and one Racing Snowboard. Hard equipment is optional, depending on age category.

Equipment selection guide

There are different shapes of snowboards on the market. The shape of the board determines the performance, or purpose of use.

Generally speaking, a Camber board provides more edge hold, while a rocker board is easier to ride and more forgiving. A directional board is benefitting carving, while a twin shape board is nicer to use in the Park.

The picture below might help to choose the right board.



Snowboard length selection guide

Freeride/Free style	SBX	GS	SL
<ul style="list-style-type: none">• Board length should be around chin to nose high, depending on riding ability.	<ul style="list-style-type: none">• Board length should be from chin high to eye level or slightly above depending on ability.	<ul style="list-style-type: none">• Board length should be from eye level to head high or slightly above depending on ability.	<ul style="list-style-type: none">• Board length should be around chin height.

Snowboard radius guide:

No minimum radius requirement for Snowboards, in any discipline.

BINDINGS

Bindings are a very important part of the equipment, and it is important to get a appropriate binding, fitting the boot size (S, M, L) and the width of the board.

We recommend common strap in bindings with adjustable highback.

Set up with hard equipment requires different bindings. Preferred are usual plate bindings with the buckle on toe side and adjustable canting and toe/heel lift.

Step in systems are also available.

There are different brands on the market. Highly recommended are products from F2 or Bomber.

BOOTS

New and professionally fitted boots are best for skill development. Be careful with second hand boots or buying for growth. Boots that are too big inhibit skill development and can lead to foot problems or soreness.

Crucial when buying snowboard boots, are a well fit around the heels. The heel should stay in place when bending forward into the boot.

For the entry level, a softer boot with greater flex will be more effective than a stiffer boot, due to strength limitations and skill level. The boots should not inhibit the natural alignment of the athlete.

Growth of the participants' feet during the season needs to be considered, but similar to buying a snowboard, buying boots oversized is counterproductive for both performance and fit.

Boots that are fitted poorly have the potential to cause bone spurs and possible medical problems in the long term. Fitted foot bed's are recommended.

Riding on hard equipment also requires specific hard boots. Similar to ski boots, they are made of hard plastic with a 3 or 4 buckle system and power strap.

Ski boots would fit into plate bindings as well, but in compare to specific snowboard hard boots, the sole is much longer and can cause toe and heel overhang and dragging.

SKI SOCK AND UNDERWEAR

A proper athletic ski sock is recommended. Sock should not be thick to provide warmth in a ski boot. Thermal underwear in layers is ideal for warmth and breathability.

RACE SUIT

Race suit are banned from international snowboard competitions. Tight pants and a tight shell jacket are recommended while racing.

Padding optional. Proper size is highly recommended and thicker shells will help with the cold.

PANTS & TRAINING SHORTS

Black ski pants are part of our uniform and best suitable for snowboard racing.

SHIN GUARDS / POLE GUARDS

Shin guards protect the athlete's lower leg when they get close to the slalom gates.

They are strapped on using Velcro. It's optional for snowboard athletes to wear them, but they give extra protection when hitting the gates and also protect the pants from getting burned.

Shin guards come in different sizes and should cover the knee and extend down to just over the boot cuff. We suggest you try to find used shin guards.

BACK PROTECTOR

As per our policy, back protectors are required to be worn at all times when training with MBRC. Modern back protectors offer a critical layer of protection against impact and injury to the vertebrae and spinal cord resulting from high-speed falls or whiplash type decelerations. There are a number of different models available specifically designed for ski racers. **Fit and comfort** is the most important feature and a proper snowboard back protector is required and should be FIS approved. Make sure you try it on with your race suit, and try full range of movements including tuck to ensure comfort.

JACKET

MBRC jacket or soft shell for training. An optional rain coat that enables athletes to ski in poor weather conditions is highly recommended.

GLOVES

Waterproof glove or mitten. When training and racing gates, mittens are highly recommended as fingers can easily get caught at the gate. A spare pair of gloves or waterproof gloves are highly recommended.

HELMET

As per our policy, helmets are required to be worn at all times when training with MBRC. A new properly fitted helmet is essential. No second hand or handed down helmets. Adjustable chin-strap that can ensure a firm fit so the helmet does not move or come off.

Full face helmets can be worn for snowboardcross, but is not essential.

MOUTH GUARD

Mouth guards are optional for all racers engaging in gate training and competition activities. Mouth guards have shown to minimize injury to teeth and mouth tissues during any kind of impact, but also relate to concussion issues from sudden acceleration of the lower jaw in the event of head trauma.

GOGGLES

Goggles should be a good fit with the helmet and have a good quality lens. Always take care of your goggle lenses by storing them in a soft bag and never wipe the lenses, especially the inside with tissue paper. Athletes are encouraged to have several sets of lenses for various light conditions; good vision is performance critical. A spare pair for racing/training is highly recommended especially in bad weather.

BACK PACK FOR GATE TRAINING

For food and water bottle. Also for storing of spare clothing or gloves, shin guards etc. A good ski racing back pack that has the ability to carry boots in side pockets or inside pack is something you may well have for your life as an athlete; worth the investment.

BOARD-COVER/TRAVEL BAG

To protect the snowboard while travelling, or storing the board, a fitting cover is essential. When travelling with more than 1 board, a board-bag can help carrying them around.