

# PIONEER = MIDWEST =

415 Country Road 81 Osseo/Maple Grove, MN 55369

Conveniently located in Osseo/Maple Grove, we are only a few miles from Elm Creek Park Reserve and easily accessible from Hwy 169, 494/694.

**Beginning high school skiers: Welcome!** We are here to help introduce you to an awesome sport. Owners Adam and Matt skied for Champlin Park and Osseo High School and are very excited to explain the ins and outs of the sport while fitting you with the right equipment and a competitive price.



Matt Liebsch racing 2016 World Cup for US Ski Team. Matt did not start skiing until a sophomore at Osseo and loves sharing his knowledge of the sport with beginners to master skiers.

## 2017/18 High School Packages

- **Skate Entry Package:** **\$369+**  
Salomon Equipe 7 Skate or Atomic Pro S1 Skate, Salomon Equipe or Alpina Combi or Fischer Combi, Swix RC Pro pole, Sport Pilot Skate or Prolink Pro Skate (NNN) binding
- **Classic Entry Package:** **\$399+**  
Salomon Equipe 7 Classic or Atomic Pro C2 Classic, Salomon Equipe or Alpina Combi or Fischer Combi, Swix RC Pro pole, Sport Pilot Classic or Prolink Access Classic (NNN) binding
- **Skate or Classic Performance Package:** **\$499+**  
Salomon Equipe 8, Fischer CRS or SCS, Madshus Megasonic, Salomon Pro Combi boot, Swix RC Pro pole or Swix Carbon pole, Sport Pilot Skate or Classic or Prolink Pro Skate or Classic (NNN) binding.
- **Two Ski Entry Package:** **\$649+**  
Salomon Equipe 7 or Atomic Pro Skate or Classic, Fischer CRS or SCS, Madshus Megasonic, Salomon Pro Combi boot, Swix RC Pro pole or Swix Carbon pole, Sport Pilot Skate or Classic or Prolink Pro Skate or Classic (NNN) binding
- **Race Package:** **\$750+**  
Salomon Race Carbon, Fischer RCS and Speedmax, Madshus Redline, Atomic Carbon, Swix Triac, Exel race poles, Salomon Slab Pro boots, Madshus Nano Carbon

**About Skate and Classic:** Classic technique is traditional style, kick and glide. Skating is newer and similar to roller blading or hockey skating with poles. (See Matt's photo at top of page.)

**About Skis:** Skis are very individual and each pair has a unique flex. Each ski must be fit to the weight and height of the skier. A ski that does not fit correctly will make it difficult to ski.

**About Boots:** Comfort is #1. Try on several, and buy the one the fits the best.

**About Poles:** Skate poles are 10-15cm taller than classic poles--skate to the nose, classic top of shoulder.

**About Bindings:** Bindings are mounted onto the ski and attach the boot to the ski. **PLEASE** check with your coach for a recommended binding system, SNS or NNN/Prolink. Systems are not interchangeable.

\***Combi skis.** We do not recommend combi skis, and most all HS programs don't use them. The problem is they do not work well for either skate or classic, and removing kick wax to skate the next practice is a big headache. The good news is combi boots work well for both techniques, so new skiers only need to buy one set of boots.

763-420-8981

www.pioneermidwest.com

# New Skier Shopping List

Dear New Skier,

You are embarking on a fun, healthful and exciting sport. The “Nordic Dress Code” is important to your enjoyment and performance of the sport. Skiing is a total body workout, and you will sweat. The key is dressing warm enough to stay comfortable but not over dressing so you get wet and then cold. Dressing in layers is essential so you can shed layers as you get warmer. It is important to choose high quality brands that have effective wicking properties. Below you will find a list of important clothing and accessories items which will enhance your enjoyment of Nordic skiing.

## Base Layers:

- Long underwear top. Swix, Craft, etc
- Long underwear bottoms. Swix, Craft, etc
- Wind briefs
- Ski socks. Smartwool, etc.
- Buff/neck warmer, gator. Turtle Fur, Bjorn Daehlie, etc



## Outer Layers:

- Jacket, wind resistant. Swix, Craft, Bjorn Daehlie, Salomon, etc.
- Nordic ski pants. Boot zip or full zip. Swix, Craft, Bjorn Daehlie, Salomon, etc.
- Hat and/or headband
- Split mitt/lobster gloves, race glove, mittens



## Accessories:

- Sunglasses or Snow Visor/Bliz Nordic Flip
- Ski Bag (holds skis and poles)
- Thermo Drink/Hydration Belt (holds kick wax too)
- Ski ties (keep ski bases protected)
- Kick wax and glide wax. Ask coach needs
- Tech Backpack (holds bots, clothing, gear)
- Sport/Heart Rate Monitor watch

