

# Burke Mountain Academy/Jay Peak Ski Club/USST

Alpine Racing Program (J1-J4)

## Alpine Ski Preparation

(proper ski preparation is more important than wax)

Clean tools and work space before starting

Base Preparation		
Task	Tool	Comments
Brush base	Steel/Brass Brush	Clean debris out of base.
Check base for flatness	True Bar	Hold ski on shoulder, point towards light, and pull bar towards you. If there is light in the middle the edges are high. If there is light above the edges the base is high. Ask your coach if something needs to be done to the skis.
Check base bevel**	True Bar/ or edge bevel finder	Elevate on opposite side of ski. Pull gently and consistently.
Correct base bevel	8" file with base bevel guide	As directed above. <b>Use a base bevel guide!</b>
Re-check base bevel	True Bar/ or edge bevel finder	elevate on opposite side of ski, 0.5 for tech skis, and 0.5 to 1.0 for speed skis. Just in the tips and tails for tech skis and the whole length of the ski for speed skis.
Clean base	Fiberline	Keep base surface clean/ Cleans out base structure.
Sandpaper base	Wrap 8" file with 320/220 grit paper	This will give the base some structure, 320 for fine cold snow, 220 for coarse wet snow.
Scrap base	Steel Scraper with true bar behind it to make it stiffer	This is done to assure that the structure, or base texture is not sticking out beyond the base surface. Make sure this is done lightly.
Brush base	Steel/Brass brush	Clean debris out of base.
Clean base	Fiberline/Shop towel	Clear base surface.

\*\*Refer to note 1

Refer to note 3

## Sharpening Side Edge

Task	Tool	Comments
Remove wax from edge	Plastic scraper	Always work on edges with the base away from you.
Remove some plastic side wall	Side wall planer or small piece of radial file	Carefully draw the radial file or cutter along the raised plastic next to the edge.
Deburr base edge	Blue diamond stone	Check for burrs by running fingers over the edge. <b>REMEMBER YOU ARE WORKING WITH SHARP METAL EDGES. BE CAREFUL!</b>
Remove case hardened spots on the edge	Black diamond stone	This can happen from hitting from hitting rocks.
Mark edges with magic maker	Magic marker	This assures you that you are taking material off evenly!
File edges **	8" file w/ file guide and clamp.	Pull file towards you using a lot of strokes.
Polish edges	Ceramic stones	Smooths edges and continues to sharpen the edge. Pick a medium and fine stone. Always work from course to fine.
Remove "lip" off of the edge	Blue or red diamond stone/ Gummi stone	Run the stone on the base edge of the ski to remove the "lip".
Brush base/ scrap base	Steel/Brass brush	Clean debris out of base. Sometimes you may have to lightly scrap the base to get the debris from filing out, then brush with the steel/brass brush

**\*\*Refer to note 1 and 2**

**Refer to note 3**

## Waxing

Task	Tool	Comments
Brush Base	Steel/Brass brush	Clean rest of wax out of the structure before waxing for the day.
Clean base	Fiberline/Shop towel	Clear of base for waxing.
Wax ski	Waxing iron	Dip wax on ski evenly, run over ski until wax is worked in totally and smooth.

### Waxing cont.

Task	Tool	Comments
Let wax dry	So wax absorbs into the ski	Let dry for 20 min. for hydrocarbon waxes, and 1 hour to overnight for Fluro waxes. Higher the Fluro content the longer it should set.
Scrape wax off of ski	Plastic Scraper	Make sure that all of the wax is off of the ski.
Brush base	Brass brush	Clean wax out of the sturcture of the base. Use brass brush for wet snow, or old frozen corn snow.
Brush base	Horse hair brush	For fine, aggressive or new snow.
Clean Base	Fiberline	Clear wax debris from brush off of base.
<b>Good luck and Ski Fast!</b>	<b>Good luck and Ski Fast!</b>	<b>Good luck and Ski Fast!</b>

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