Whistler Mountain Ski Club

Developing Champions in Life and in Sport

Ski Set-up & Tuning



"Luck is where preparation meets opportunity" - Seneca

Why is ski tuning essential?

The importance of properly tuned skis and aligned boots cannot be overemphasized as a properly tuned ski will turn better, hold on ice better, and glide better and properly aligned boots will enable better body position, movement and agility. In addition, the reliability of well-maintained ski equipment will inspire confidence, allowing athletes to perform to the best of their abilities on race day while maximising their technique.

What does the Club have to offer?

WMSC maintains a tuning room on the lower floor of the Club Cabin that is available to all members. The Tuning Room has vices and power, but athletes must bring their own tuning equipment.

The Club also hosts a variety of tuning clinics throughout the season, and athletes and parents will be notified of these by their Lead Coaches as they are scheduled. Coaches are also generally available for tuning support at away races.

Programmes will also include tuning as a part of the winter program, with opportunities to get together to learn about how to tune, and to ensure that equipment is properly set up.

In addition, athletes and parents are welcome to book one-on-one tuning sessions through the year with any of our Coaches, at a cost of \$30 hour which will be billed to your racer account. In order to foster every athlete's ability to tune their own skis, it is Club Policy that Coaches are not permitted to tune individual athlete's skis where the service is not part of an educational process. Athletes will be required to bring their own tools and wax.

Sidecut racing have generously donated the tuning equipment necessary for setting up the skis including an electric side-edge grinding tool - useful in setting edge bevels - which is available for these tuning sessions.

What other services are available in Whistler?

Numerous other ski tuning services are available in Whistler. Club Sponsor **Whistler Village Sports** located in the Clock Tower in the Village offers a full range of race tuning services and also stocks **Sidecut** and **Swix** ski tuning equipment and wax products (with discounts for WMSC members). Can-Ski Performance located in the Marketplace and Profile Ski and Snowboard Services located in Mons above Barney's, maintain professional base grinding machines in addition to offering a full range of tuning services. Alpine Pro located in the Chamois also offers race tuning. All locations can provide boot-fitting; however, it is best to work with your coach to discuss any changes to your boot alignment based on your skiing.

What online resources are available?

- Sidecut has published a full range of educational videos.
- Swix has published a detailed <u>tuning guide</u> as well as a series of select <u>educational videos</u>.
- For the serious wax geeks out there, Dominator has published <u>Wax Science Demystified</u> which addresses how ski wax actually works.
- Numerous other ski waxing videos are available on youtube.