



# Pioneer Midwest 2019/20 High School Packages

## High School Skiers Welcome!

We are here to help you on your cross country skiing journey. Regardless of your experience with the sport.

## Pioneer Midwest Promises

- Expert advice and service.
- Competitive and wide ranging selection of handpicked skis.
- Every skier will be professionally fit to his or her new skis.
- Free binding mounting service with purchase
- 10% discount on all full price skis and accessories.

### Skate or Classic Introductory Package: \$299+

Includes skate or classic skis, bindings, one pair of poles, and combi boots. Equipment in this package is for introduction to the sport.

### Skate Entry Package: \$349+

Skis: Salomon Equipe 7 Skate or Atomic Pro S1 Skate  
Boots: Salomon Equipe, Alpina Combi or Fischer Combi  
Poles: RC Pro  
Bindings: Sport Pilot Skate (SNS) Or Prolink Pro Skate (NNN)

### Classic Entry Package: \$349+

Skis: Salomon Equipe 7 Classic or Atomic Pro C2 Classic  
Boots: Salomon Equipe, Alpina Combi or Fischer Combi  
Pole: RC Pro  
Bindings: Sport Pilot Classic (SNS) or Prolink Access Classic (NNN)

### Skate or Classic Performance Package: \$499+

Ski: Salomon Equip 8, Fischer CRS or SCS, Madshus Megasonic  
Boots: Salomon Pro Combi  
Poles: Swix RC Pro or Swix CT4  
Bindings: Sport Pilot Skate (SNS) or Prolink Pro Skate or Classic (NNN)



Matt Liebsch racing at the 17/18 Nationals in Alaska. Matt did not start skiing until he was a sophomore at Osseo. He loves sharing his knowledge of the sport with everyone from beginner to master level skiers.

### Two Ski Entry Package: \$549+

Skis: Salomon Equip 7 or Atomic Pro Skate or Classic, Fischer RCS or SCS, or Madshus Megasonic  
Boots: Salomon Pro Combi  
Poles: Swix RC Pro or Swix CT4  
Bindings: Sport Pilot Skate or Classic (SNS) or Prolink Pro Skate or Classic (NNN)

### Race Package: \$750+

Skis: Salomon race Carbon, Fischer RCS or Speedmax, Madshus Redline, Atomic Carbon  
Poles: Swix Triac or Swix Quantum  
Boots: Salomon S/Lab Pro, Madshus Nano Carbon

Serving Junior  
and High School  
Nordic Skiers and  
their families is  
our passion!



# New Skier Shopping List

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Dear New Skier,

You are embarking on a fun, healthful and exciting sport. Dressing in appropriate apparel, "The Nordic Dress Code," will be key to your enjoyment and performance of the sport. Skiing is a total body workout, and you will sweat (even when it is cold out). The challenge you will face 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 warm up. It is important to choose high quality apparel from trusted brands that have effective moisture wicking properties. Below you will find a list of important clothing and accessories which will help keep you warm and dry and hence, enhance your enjoyment of Nordic Skiing.

**Base Layers (Wicking) - Your first next to skin layer. Avoid garments made with cotton. Look for wool or poly blend.**

- Long Underwear Top
- Long Underwear Bottoms
- Wind briefs
- Ski socks - look for something with a longer ankle to accommodate the cuffs on your ski boots
- Buff/neck warmer, gator (this piece has an unlimited number of uses so stock up.)

**Mid Layer (Warmth) - Your middle layer. This is essential for you to stay warm on cold days.**

- Form Fitting Polyfleece

**Outer Layers (Wind) - Wind resistant in the front, breathable in the back. Essential for cold weather practices and for race day warm ups.**

- Jacket, wind resistant
- Nordic ski pants - boot zip or full zip
- Hat and/or headband (these get sweaty and smelly so have a few so you can cycle through and wash them)
- Split mitt/lobster gloves (for most winter weather and training)
- Race gloves
- Mittens (for really cold days)

**Accessories - gear to make skiing more fun and to protect your skis**

- Sunglasses or Snow Visor / Bliz Nordic Flip
- Ski Bags (holds skis and poles - helps protect your equipment)
- Thermo Drink/Hydration Belt (holds kick wax too)
- Ski Ties (keeps skis together and helps protect the ski bases)
- Kick wax and glide wax. Ask your coach for what you need
- Tech Backpack (holds boots, clothing, gear)
- Sport watch / heart rate monitor watch

## Remember: Wicking, Warmth Wind

