

# TBR RECOMMENDED EQUIPMENT REQUIREMENTS

## TBR GROM

### Skis

- Park twin tips are not recommended as the primary ski for any TBR Grom or TBR Mogul athletes. The design and construction of these skis is favourable for elite slopestyle performance, but can significantly hinder technical progress in skiing for young athletes.
- TBR Groms are recommended to have 2 pairs of skis:
  - First, a well maintained mogul/carving ski for mogul and alpine skill development.
  - Next, an all mountain twin-tip ski for off-piste, park and development of general body awareness on snow.
- A twin tip is a fun ski to play on, but a well maintained mogul/carving ski is an excellent tool for skill development and performance.
- The binding should be mounted with the boot centre as indicated on the ski, not centre mounted.

TECHNICAL CARVE SKI				TWIN TIP, OFF PISTE & PARK SKI		
Athlete Height	Ski Length	Radius	Max width	Athlete Height	Ski Length	Max width
110cm	100cm	>10m	70mm	110cm	110cm	76mm
120cm	110-115cm	>10m	70mm	120cm	110-115cm	76mm
130cm	120-130cm	>10m	70mm	130cm	135cm	85mm
140cm	130-140cm	>12m	70mm	140cm	145cm	85mm
150cm	140-150cm	>12m	70mm	150cm	155cm	85mm

### Boots

- We highly emphasise the importance of a good fitting boot. Poor fitting boots can drastically decrease an athlete's performance. A softer boot that can be flexed is ideal.
- We recommend having your boots professionally fitted.
- Before purchasing boots, please watch TBR's boot fitting video here <https://vimeo.com/404880192> and consult one of our head coaches.

### Poles

- Generally, poles used in freestyle are shorter than traditional lengths. Consider a smaller grip. This will give greater finger movement which helps when grabbing skis.

## Helmets

- Helmets are compulsory for all athletes in the program.
- We recommend a helmet with [MIPS technology](#)

## Back Protection

- TBR strongly recommends back protection for all athletes, as they are effective in reducing injury from direct impact to your back.

## Wax

- It's important to keep your gear in good condition. A simple hot wax (and edge) at least every few weeks is a good way to keep your skis gliding and performing well. Consider our waterways and use an environmentally friendly wax. View the MountainFLOW eco-wax products [online here](#)

# TBR MOGUL

## Skis

- **1 pair of Mogul Ski's with either Look/Rossignol pivot bindings, or Marker bindings.**
  - *Please note that K2 Mogul skis are only available to purchase from TBR. To purchase K2 mogul skis (stock limited), please visit the online store on <http://www.teambuller.com/tbr-store.html>*
  - If a K2 mogul ski is not available in your size (smaller than 153cm or longer than 163cm), we can make recommendations for other brands such as [ID one](#).
- **Mogul Ski Tuning:** Please tune to 88 and 0.5 degrees and mount all mogul skis shorter than 170cm on the recommended mid sole line. For mogul skis longer than 170cm please contact our head mogul coach for advice before mounting.
- **OPTIONAL:** 1 pair of Twin tip skis, to use for rails, switch riding and jumping. The Black Crows [Captis](#) and [Captis Birdie](#) skis fit this description.
- Consider Marker bindings - Squire 11 and the Griffon 13.0.

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## TBR SLOPESTYLE/TBR ALL-MOUNTAIN

### Skis

- TBR All Mountain athletes should have a pair of all mountain skis which are versatile for skiing on and off piste and jumping at a length measuring between the nose and forehead. Black Crows is a good first place to look at quality all mountain skis.
- The Black Crows [Captis](#) and [Captis Birdie](#) skis fit this description.
- Consider the Maker Squire 11 or Marker Griffon 13.0 bindings.
- TBR Slopestyle athletes should have a pair of twin tip (park skis) at a length measuring between the nose and forehead.

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## TBR SNOWBOARD

### Snowboard

- We suggest an all mountain or freestyle oriented snowboard with medium flex at a length between the rider's base of the neck and nose. A board with a regular camber is suggested, hybrid cambered boards are okay too, but we suggest steering clear of full reversed or zero cambered boards.

### Boots

- We strongly suggest making sure boots are well fitted and in good condition. If they are too small discomfort will ensue, if they are too large difficulties relating to board control will be an issue.
- In regard to flex, this is highly personal however we would suggest steering clear of anything too soft and ugg boot like, or too stiff and ski boot like. The perfect flex should offer support while allowing for adequate ankle flexion.

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