



CCBC Roller ski, Field Kit, and Repair Kit info

Roller ski info

Please find the list below of the recommended roller ski brands. Each supplier has great options for roller skiing. To get more information on pricing as well as club discounts please contact the supplier directly.

Swenor

Contact: Andy Shields
Text/Call: 807-708-6879
Email: andy@canadianwintersports.com
<https://skiwax.ca/collections/swenor>

Rundle Sport

Contact: Pat McCarter
Phone: 416-559-5309
Email: info@rundlesport.com
<https://rsrollerskis.com/collections/roller-skis>

Kv+

Contact: Sergey Meshkov
Phone: 604-722-0877
Email: sergey@kvplus.ca
<https://shop.kvplus.ca/product-category/rollerskis/>

Fischer

Contact: Graham MacLean
Phone: 403-688-1918
Email: geemac00@gmail.com
https://www.fischersports.com/ca_en/nordic/ski/skirollers

Field Kit & Repair Kit for Roller Ski Sessions

Coaches are encouraged to have the following in their field kit when leading roller ski sessions:

- Ladders
- Cones
- Hurdles
- Rope
- Bands
- Soft medicine balls
- Soccer balls or soft balls
- TRX or rings to do pull ups
- Flat disc markers for agility
- Balance board
- Skipping rope

Coaches are encouraged to have the following in their repair kit when leading roller ski sessions:

- Heat gun/torch/small butane torch
- Variety of spare tips for the variety of poles your team will have
- Pole glue
- Duct tape or similar
- Spare handle/s
- Spare strap/s
- Complete spare pole/s
- Wrenches to tighten wheels
- A couple of spare wheels
- A spare set of roller skis

A broken piece of equipment can result in a failed training session. This may not seem like a “big deal” at the time, but for those athletes that only have 10 roller skis sessions a year, missing one session is 10%.

Please see websites below where you can purchase this equipment:

<https://fitter1.ca>

<https://www.fitnessdepot.ca/B11BCB0907600/>

<https://www.fitnessstown.ca>

<https://www.homedepot.ca/product/everbilt-7-16-inch-x-100-feet-nylon-solid-braid-white/1000799550>

https://www.amazon.ca/Markers-Silicone-Training-Basketball-Baseball/dp/B07B3RBPM1/ref=sr_1_8?crid=29X4JRWRDK8T0&dchild=1&keywords=flat+cones+soccer&qid=1600275054&srefix=flat+cones%2Caps%2C204&sr=8-8

<https://jumpstartathletics.com/product-category/speed-power/agility-hurdles/>

<https://jumpstartathletics.com/product-category/speed-power/cones/>

<https://jumpstartathletics.com/product-category/speed-power/medicine-balls/>

<https://jumpstartathletics.com/product-category/speed-power/ladders/>

<https://jumpstartathletics.com/product-category/speed-power/agility-boxes/>

If you have any questions regarding roller skis or field equipment please contact Maria Lundgren, phone 604-906-1081 or email coaching@crosscountrybc.ca