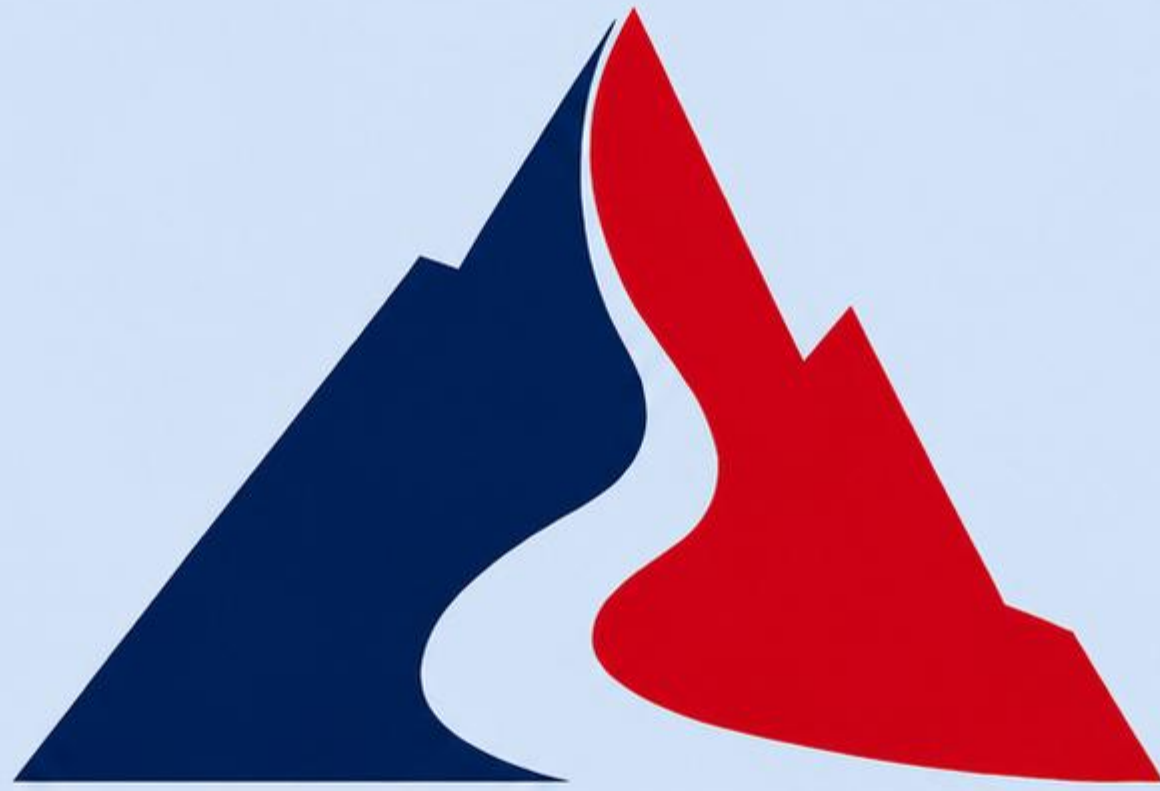
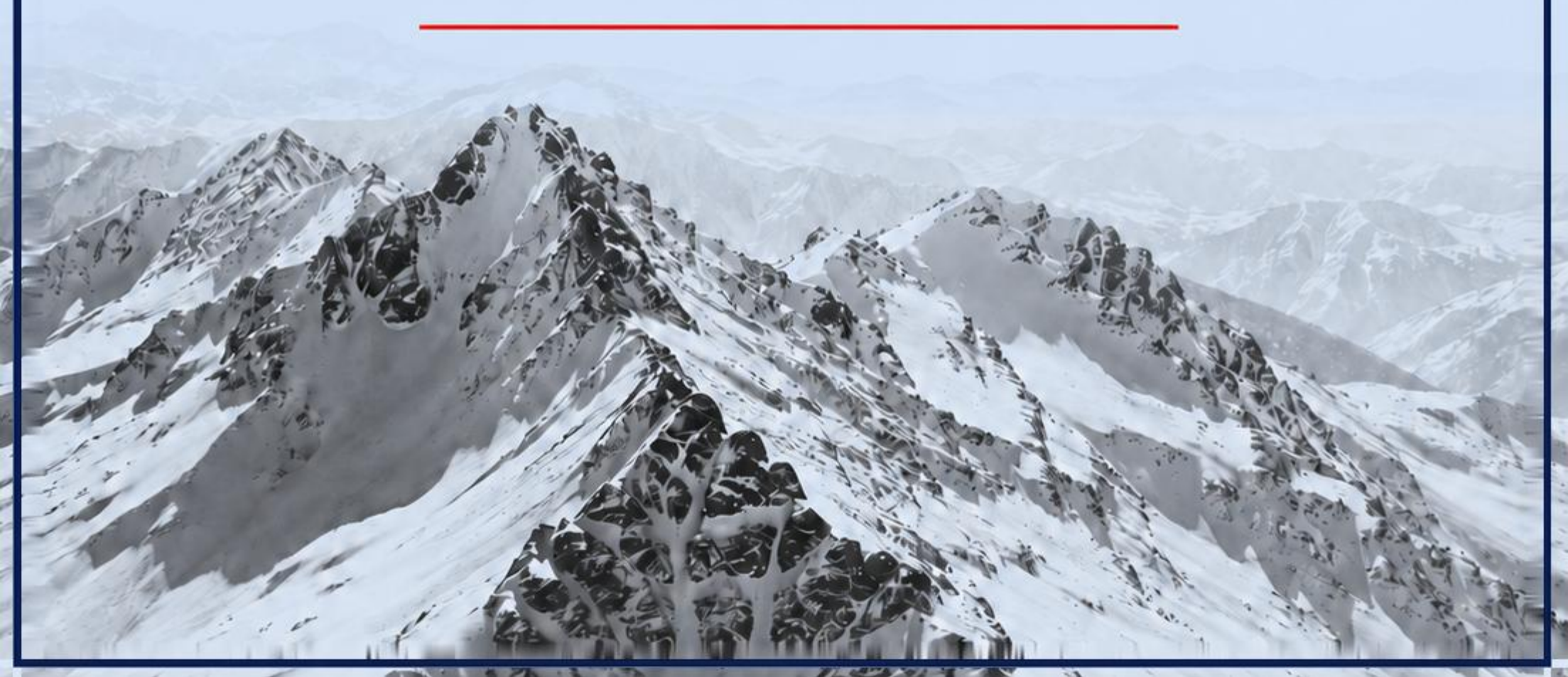




USA SKIMO

**ATHLETE RECRUITMENT
BOOKLET**



ABOUT USA SKIMO

Through the USA Skimo National Team, we represent the United States on the world stage, competing in National Cup races, including World Cups, World Championships, and the Olympic Winter Games.



THE FUTURE OF SKI MOUNTAINEERING

Ski mountaineering made its historic Olympic Games debut at the 2026 Milano Cortina Winter Games, marking a significant milestone in the growth and recognition of the sport on the global stage.

As skimo continues to expand throughout the United States, USA Skimo is committed to identifying, developing, and supporting the next generation of elite athletes who have the potential to represent the nation at the highest levels of competition.





IS SKI MOUNTAINEERING RIGHT FOR YOU?

Many of our top athletes began their athletic journeys in other endurance or winter sports before discovering skimo.

As one of the most physically and mentally demanding endurance sports in the world, ski mountaineering requires a unique combination of aerobic capacity, strength, technical skiing ability, resilience, and a passion for challenging mountain environments.

ATHLETIC BACKGROUNDS WE RECRUIT

Successful skimo athletes often come from diverse athletic backgrounds, including:

- Trail running
- Cross-country running and track & field
- Mountain biking
- Cross-country skiing
- Nordic combined
- Biathlon
- Other endurance-based sports

STRONG SKIING FOUNDATIONS

In addition to strong endurance capabilities, successful ski mountaineering athletes typically possess a strong foundation in skiing. Many have experience in:

- Alpine ski racing
- Freeride or big mountain skiing
- Competitive ski programs
- Advanced all-mountain skiing

THERE IS NO SINGLE PATHWAY INTO SKI MOUNTAINEERING.

Athletes with exceptional endurance, technical skiing ability, determination, and a willingness to learn may possess the qualities needed to compete successfully at the national and international level.

USA SKIMO TALENT IDENTIFICATION CAMPS

USA Skimo hosts two Talent Identification Camps each season, held in December and March in conjunction with a USA Skimo National Cup race. These camps are designed to identify athletes with the physical ability, technical skills, and competitive mindset needed to excel in ski mountaineering.

ATHLETE EVALUATIONS INCLUDE:



UPHILL PERFORMANCE

- Timed vertical climb
- Endurance assessment
- Power output
- Climbing technique



TRANSITIONS

- Skins off in under 10 seconds
- Skins on in under 30 seconds
- Boot carry (booter) on in under 8 seconds
- Boot carry off/skis on in under 10 seconds



DOWNHILL SKIING

- Timed giant slalom course
- Timed free-ski evaluation
- Technical skiing assessment

EQUIPMENT BUILT FOR PERFORMANCE

Ski mountaineering relies on highly specialized, lightweight equipment that allows athletes to climb efficiently and descend with speed and precision. Every piece of gear is designed to maximize performance while minimizing weight, making equipment selection and familiarity critical to success.

Athletes compete using:

- Skimo race skis
- Tech bindings
- Lightweight race boots
- Climbing skins
- Race backpack
- Dual certified helmet

A major part of the sport is mastering transitions—rapidly switching between climbing and skiing during a race. Practicing transitions with your race equipment is essential training, even in the offseason.



READY TO TAKE THE NEXT STEP?

If you believe you have the athletic background, skiing ability, and determination to excel in ski mountaineering, we encourage you to apply.

PLEASE SUBMIT THE FOLLOWING:



- ▶ A brief athletic biography



- ▶ A summary of your athletic background and competitive experience



- ▶ A short letter describing your interest in ski mountaineering and your competitive goals

USA Skimo is always looking for talented endurance athletes and accomplished skiers who are eager to push their limits and compete at the highest level. If you're ready to embrace the challenge and become part of one of the world's fastest-growing winter sports, we want to hear from you. Together, we can build the future of ski mountaineering in the United States and achieve success on the world stage.



Visit the application portal and begin your journey with USA Skimo.

