

NEWS RELEASE

Immediate Release

Contacts: Howard Kaminsky, Chief Financial Officer
(818) 949-5300 ext. 5728
Leigh Parrish, Financial Dynamics
(212) 850-5651
Stephanie Rich, Financial Dynamics
(212) 850-5706

SPORT CHALET TO HOLD CONFERENCE CALL TO REVIEW THIRD QUARTER 2008 RESULTS

Los Angeles, California – (January 29, 2008) – Sport Chalet, Inc. (Nasdaq: SPCHA, SPCHB) today announced they will release third quarter 2008 earnings results after the market closes on Tuesday, February 5, 2008.

Management will host a conference call and audio webcast, both open to the general public, on Tuesday, February 5th at 2:00 p.m. Pacific Time (5:00 p.m. Eastern Time). The webcast will be available on the Company's website at www.sportchalet.com or at www.earnings.com. An online archive of the broadcast will be available until March 5, 2008.

The conference call may be accessed by dialing (706) 634-4840. A replay will be available through Tuesday, February 12, 2008 by dialing (706) 645-9291. The required pass code for the replay is 32873034.

About Sport Chalet, Inc.

Sport Chalet, founded in 1959 by Norbert Olberz, is a leading operator of full service specialty sporting goods stores in California, Nevada, Arizona and Utah. The Company offers over 50 services for the serious sports enthusiast, including backpacking, canyoneering, and kayaking instruction, custom golf club fitting and repair, snowboard and ski rental and repair, SCUBA training and certification, SCUBA boat charters, team sales, racquet stringing, and bicycle tune-up and repair throughout its 52 locations. The address for Sport Chalet's web site is www.sportchalet.com.

Disclosure Regarding Forward-Looking Statements

Except for historical information contained herein, the statements in this release are forward-looking and made pursuant to the safe harbor provisions of the Private Securities Litigation Reform Act of 1995. Forward-looking statements involve known and unknown risks and uncertainties that may cause the Company's actual results in future periods to differ materially from forecasted results. Those risks include, among other things, the competitive environment in the sporting goods industry in general and in the Company's specific market areas, inflation, the challenge of implementing the Company's expansion plans and maintaining its competitive position, changes in costs of goods and services, the weather and economic conditions in general and in specific market areas. These and other risks are more fully described in the Company's filings with the Securities and Exchange Commission.

###