

NEWS RELEASE

For Immediate Release

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**SPORT CHALET PROVIDES BUSINESS UPDATE
FOR FOURTH QUARTER FISCAL 2008**

Los Angeles, California – (April 3, 2008) – Sport Chalet, Inc. (Nasdaq: SPCHA, SPCHB) today announced a business update for its fourth quarter ending March 30, 2008.

During the fourth quarter the Company's sales and earnings continued to be adversely impacted by a challenging sales environment due largely to weak macroeconomic trends in the Company's key markets.

As a result of the above trends, the Company currently expects to report fourth quarter net sales of approximately \$97.0 million compared to \$97.8 million for the same period last year. Comparable store sales for the fourth quarter are expected to decline approximately 9.0% from the same period a year ago. Sport Chalet anticipates a fourth quarter loss per diluted share in the range of \$0.20 to \$0.25, compared to earnings per diluted share of \$0.06 in the fourth quarter of last year.

For fiscal 2008, the Company now expects to report net sales of approximately \$403.0 million compared to \$388.2 million for the same period last year. Comparable sales for the full year are expected to decline approximately 5.0% from the same period a year ago. Sport Chalet anticipates a fiscal 2008 loss per diluted share in the range of \$0.24 to \$0.29. Excluding an impairment charge which was recorded in the third quarter, Sport Chalet anticipates a fiscal 2008 loss per diluted share in the range of \$0.15 to \$0.20 compared to earnings per diluted share of \$0.50 in the prior year.

“Challenges in the macroeconomic environment worsened as our fiscal year progressed which had a greater impact on our results in the fourth quarter than we had anticipated,” Craig Levra, Chairman and CEO of Sport Chalet, stated. “Housing trends in California, Arizona and Nevada are currently some of the weakest in the U.S. and we believe this has placed additional pressure on our customers. Although we had expected pressure on our comparable store sales growth for the year due to the retail environment, our backfilling strategy and competition entering our markets, the significantly slower than expected consumer trends we experienced further softened sales for the fourth quarter and the year. As a result, we conducted deeper promotions to help drive our top line as well as more aggressively manage our winter merchandise and aged inventory to ensure we entered the new fiscal year with an appropriate inventory position.

“Recognizing the difficult operating environment, we are taking a defensive posture for the short-term while we also continue to focus on executing key initiatives that will support our long-term growth. We are pleased to have recently launched SAP, which we expect will create greater efficiencies and more integrated operations for our business. With the improvements we have already made to our infrastructure and systems, we were also able to close our outlet store as planned. Looking ahead, we currently expect the challenging retail trends to continue into fiscal 2009. We will continue to prudently manage our business and we expect to realize the benefits of our efforts when broader economic trends improve.”

Sport Chalet will report full financial results for the fourth quarter of fiscal 2008 in early June.

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 51 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.