



## Dress Your Hockey Star in 10 minutes or less!



Check all your gear before you leave home. If your child is missing any equipment he or she won't be allowed on the ice!

Pack gear in bag in the order it is going to be put on, from the top down. It saves time not hunting through the bag.

Dress in the following order

1. Jock Shorts with Velcro for socks (if using a garter belt with clips this goes over regular shorts)
2. Shin pads
3. Hockey socks
4. Hockey Pants
5. Skates
6. Neck guard (optional but recommended)
7. Shoulder pads
8. Elbow pads
9. Jersey
10. Helmet with Mouth Guard
11. Gloves

### Tips, Tricks and other things you need to know!

- Arrive at the rink at least 30 minutes before Ice time
- Have your child go to the bathroom before you start getting dressed.
- Tie a small knot at the end of skate laces so you don't have to thread them each time you lace up.
- Open the skate as wide as possible when taking them off and putting on.
- Put on dry socks just before putting on skates.
- Make a small tab on the end of the sock tape so it is easy to find when trying to take off the tape or use Velcro straps.
- Keep the skates sharp.
- Old soft PJs are great for wearing under hockey gear. Some rinks are really cold.
- Hang gear out to dry when you get home. Don't put gloves or skates over a heater vent.
- Wipe blades before putting on skate guards.
- On colds days don't leave gear in the car for more than 20 minutes.
- Never let them walk around the locker room with out skates or shoes on.
- Take skate guards off in the dressing room just before they go to the bench
- Bring a water bottle to each game and practice with a name clearly marked.
- Put an identifying mark on every piece of equipment.
- If you can't make a game or practice please call the team manager.
- Do not dress your child in the Lobby, the stands or on the Bench.
- Parents and siblings in the dressing room areas should not wear open toed shoes.
- Once your child is fully dressed, parents and siblings should leave the dressing rooms and dressing room hallway.
- Siblings should not play in the dressing room and hallway or anywhere near the Bench. Keep small children away from the dressing room doors. Most if not all Hockey players use their shoulder to push the locker room door open. The bigger players really crash through the doors!

