

Step by Step: "Dressing your child for hockey"

1. Under equipment clothing: Make sure your child is wearing clothing that stretches. Jeans are often too stiff to allow proper movement while skating. Under Armour type material is great for flexibility and works well. Lightweight pajama bottoms and a t-shirt also work very well. Sweat pants with slippery material does not work well because the shin pads will move around too easily and may be out of position when they are needed most. Make sure socks are not too thick and are not bunched up in the skates.
2. Place on the Shorts (with cup) with Velcro to hold up the hockey socks. Alternatively, you may have a garter belt to help hold up the hockey socks. Make sure you have something to help hold up your child's hockey socks. Or you do not really need hockey socks at all. A pair of baggy sweatpants can simply be pulled over the top of the shin pads.

3. Shin guards
4. Hockey Socks or Baggy Sweat Pants – (Must be over Shin Guards)

5. Hockey Pants (Breezers)

6. Shoulder pads

7. Elbow Pads

8. Jersey

9. Skates: Often you can expect the hockey skate size to be one size less than your child's shoe size. When tightening the laces, make sure that the skates are as tight as you can get them without causing discomfort for your child. This will give them maximum ankle support. Proper fitting skates and sharp skates will definitely make your child's skating experience a positive one and will accelerate their development.

10. Helmet: (If you have white hockey tape you can print your child's name on the front of your helmet). The coaches will also have tape and markers the first day of practice.

11. Gloves

12. Hockey Stick: Stick should be at chin level when on skates. One of the ways to determine if you need a right handed or left handed stick is by dropping a hockey stick on the ground and see which way they pick it up and hold it. A little bit of tape at the end of the stick will do to help your skater pick up their stick. You may also start your skater out with a "neutral" stick, which is simply a hockey stick with a straight blade. Neutral sticks are fine for young skaters and can be used by either right or left handed skaters.



It is highly recommended to practice putting all of your equipment on your child before the first day and have them walk around in it to get used to how it feels before getting on the ice. It is perfectly fine to walk around a carpeted area with hockey skates on.

It is perfectly acceptable to dress entirely at the arena. It is also perfectly acceptable to dress mostly at home and simply put on skates, helmet and gloves at the arena. You should allow about 10-15 minutes to get your skater completely dressed for hockey.

If you have more questions please feel free to ask any of the coaches and we would be more than glad to help.