



Purchasing quality, proper fitting equipment lessens the risk of injury. If you are inexperienced in purchasing and/or fitting of hockey equipment, you should consult a professional sports equipment retailer who is knowledgeable and experienced in this field. The following Play It Again Sports "Equipment Tips" will help you fit your young player in properly fitted equipment for a safe, comfortable and enjoyable hockey season.

(Play It Again Sports can be found at 3055 Dundas Street West in Mississauga).

SKATES

- Skates usually fit a size smaller than street shoes.
- Loosen the laces so the foot can easily slide to the front of the boot. With the toes pressed against the ends of the skate, you should be able to place one finger between the boot and the heel of the foot. Prior to lacing up the skates, kick the heel into the boot's heel by banging the skate against the floor.
- Lace the boot with the first 3 eyelets snug, the 3-4 eyelets loose to prevent constriction, the last 2-4 very snug to maximize energy transfer to the boot.
- Never wrap laces around the ankles as this can inhibit circulation and irritate the Achilles tendon.
- Never buy skates too big to "grow into" as this can seriously inhibit proper skating development.
- If you are on the ice more than three times per week, skates should be sharpened weekly.



SHIN PADS

- Ensure that the cap of the shin pad is centred on the kneecap.
- The protective padding above the plastic kneecap should overlap approximately 2 inches with the bottom of the hockey pants.
- It is recommended that the skate tongue be positioned behind the shin pad for added protection.
- Buying Velcro straps to fasten the shin pads to the legs is much quicker and less expensive in the long run than using tape.
- Cracked shin pads must be replaced immediately.



PANTS

- Pants are generally size by waist size. They should be fitted with shin pads to ensure the length of the pant leg reaches the top of the kneecap.
- For female players, fit the hips first then check the position of the leg and kidney pads to ensure they cover those areas adequately.
- The padding on the waist of the pants should cover the kidney area (Half-way between the hip and underarms).
- Rear padding should completely cover the bottom end of the tailbone.
- Have the player fully squat with pants and shin pads on. If the player can comfortably do this without the padding moving out of position, then the pants fit properly.
- Proper drying is essential after every session on the ice. Pants should be hung in a well-ventilated area to air dry. Several times a season remove all padding and wash with a mild detergent and air dry.

JOCKS & JILLS

- The jock strap (for males) and the jill strap (for females) and “boxers” are fitted according to the individual player’s waist size. The strap should fit like a pair of briefs – not too loose so that protective cup moves around and not too tight to restrict movement or chafe.

UNDERGARMENTS

- Always wear a single pair of socks in your skates. A material that offers comfort, warmth and moisture absorbing properties is recommended. A 50/50 cotton/polyester blend provides maximum ventilation and comfort.
- Avoid wrinkles in your socks when tightening your skates.

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HOCKEY 101 checklist!

<input type="checkbox"/> Helmet	<input type="checkbox"/> Tape
<input type="checkbox"/> Laces	<input type="checkbox"/> Mouthguard

Whether it's **New** or Used, get all you're hockey supplies and expert service from the knowledgeable staff at Play it Again Sports.

Play It Again Sports 3055 Dundas St. West Mississauga, Tel: 905 607-2837

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SHOULDER PADS

- Shoulder pads should cover the shoulders, upper back, chest and upper arms to just above the elbow area. It is recommended that the back of the shoulder pads overlap just slightly with the pants.
- A player should maintain good range of motion. To test, have the player lift arms slightly above shoulder height. In this position, ensure that the pads do not dig into the neck area.

ELBOW PADS

- Most elbow pads are made to fit either elbow; for those that are designed specifically for the left or right arm, ensure they are always on the proper arms.
- Place the donut inside the elbow pad on the point of the elbow. Snugly fasten all the straps so that it cannot slide.
- Frequently test the donut pad by pressing down on it with your fingers. If any cracks appear, or if the padding is hard, it should be replaced.

GLOVES



- Gloves should be lightweight and flexible. They should fit like loose winter gloves over the fingers. Gloves should be sized to fit the hand.
- The top of the glove should extend up the forearm to the bottom of the elbow pad to ensure full protection of the forearm area.
- When testing a new pair of gloves, practice stick handling. The gloves should offer freedom of movement in a variety of positions without chaffing or restricting movement.

HELMETS

- All helmets must be Canadian Standards Association (CSA) certified. Helmets that are CSA certified will have a CSA sticker displayed on it. This sticker must remain on the helmet and be visible during play.
- Choose a size that fits snugly on your head, yet allow room for adjustments.
- Use the adjusting mechanism to fit the helmet in a way that, when shaken from side to side or back and forth, does not move or cause discomfort.
- The front of the helmet should fall just above the eyebrows.
- The chinstrap should fit snug in order to provide proper protection. If the chinstrap is too loose it could cause the helmet to fall off on impact.





THROAT PROTECTORS

- Throat protectors should fit snug but not uncomfortably tight.
- Bib style protectors are worn beneath the shoulder pads and offer increased protection.
- Throat protectors are designed to protect against lacerations or cuts. They are NOT designed to protect against spinal injuries to the neck region.
- All throat protectors must bear the Bureau de Normalisation du Quebec (BNQ) logo.

STICKS

- Wooden sticks are traditional, cost less and often give the player a better feel for the puck.
- To determine the proper length of a stick, the general rule to follow is, while in street shoes, the stick should reach the nose of the player with the toe of the stick on the ground. While wearing skates, the butt end of the stick should reach the chin or the mouth. (Shorter sticks, although often referred to as an easier option for puck handling are a considered a difficult size to learn with and is usually used when a personal preference can be determined by those more experienced players.)
- Many players are now using one piece sticks or composite sticks. These sticks are used by many professional players and do have positive and negative attributes for the minor hockey player. Benefits include the obvious advantage of a lighter weight and greater flexibility. Not only are adults able to experience higher and more responsive flexibility when shooting, but youth can also benefit from this advantage. The one piece sticks are a new technology that seems to have lasting power. There are some negative components to using a one piece stick which includes cost and breakage. However, the benefits for using a one piece stick can be experienced with a one piece stick costing \$49.99 just as much as the one costing \$299.99 (at the minor hockey level).
- The curve of a stick is a matter of preference. The more curve you have, the less control, and most players find that a smaller curve results in less ability to raise the puck. If a curve is too big, the puck often goes high and misses the net.
- The butt end of all sticks must be covered with tape or a commercially made butt end. All aluminum sticks come with a wooden plug, which must be inserted into the top of the stick and then taped.

