



EQUIPMENT

- Must wear a CSA (Canadian Standards Association) approved HOCKEY helmet.
- Bicycle, ski or other helmets are NOT permitted.
- Skates with laces (either hockey or figure skates) are preferred for their superior ankle support & flexibility. Avoid buying skates too large.
- Plastic or molded skates are not recommended.
- Club sweatshirt
- Gloves or mittens. It can be cold on the ice, especially when you fall so mitts or gloves are necessary
- Dress in layers for added flexibility. Please no bulky clothing, jackets, hoodies or jeans.

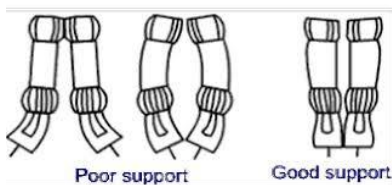
Proper quality fitting skates is the key to success.

A good pair of skates will provide firm support around the ankle, preventing your skater's ankle from turning inwards or outwards as they stand on the blades. When skates are laced up snugly, the ankles should be straight in the boot. Please look for this when purchasing your skates.

Plastic molded skates prevent the boot from flexing properly to allow the skater the required range of motion. While they are convenient, they often come loose leaving the skater with no support whatsoever.

Shoe size does not necessarily equal to skate size. When in doubt remove the skate liner and have your child step on it. There should be no more than half an inch of space at the toe. Skate should be able to wiggle their toes inside the boot but their heel should not move at all in the skate. Take the skater's foot width into consideration as well, skates come in different widths from different manufacturers.

Yes, must have this!



No, not this!

