

Gear List for Mites Hockey

When purchasing and fitting hockey equipment, remember two important factors:

- 1) The player must be adequately protected - equipment must fit properly to provide the maximum protection.
- 2) Fitting allows freedom of movement so the player can properly perform the necessary skills.

Skates – Purchase skates that will fit your child today with no more than ½" allowed for growth. Skates normally fit 1 to 1-1/2 sizes smaller than street shoes. While wearing the sock that will be worn when skating, press the ends of the toes against the front of the skate. In this position, you should be able to place one finger between the inside of the boot and the heel of the foot (no more than ½"). Seek adequate protection in the ankle, toe and instep areas, improperly fitted skates will hamper your child's ability to skate. It's important to maintain your skates and keep them sharp for the best performance and control and reduce knee and ankle injuries.



Helmet – Must be of a design and construction approved by the Hockey Equipment Certification Council (HECC). Must be sized at the time of purchase to fit properly. The helmet should be adjusted to fit snug to prevent any shifting and maximize protection. (New style helmets will have flaps on the side to adjust the helmet. Older style helmets will need a screw driver and loosen the helmet. Open the helmet to its largest setting, place the helmet on your child's head so that the rim is one finger width above the eyebrow. Gradually begin to downsize the helmet until a comfortably snug fit is achieved. Make sure the chinstrap is adjusted so it gently makes contact under the chin when fastened.



Facemask – Must be of a design and construction approved by the Hockey Equipment Certification Council (HECC).

Mouth guard – Required for players in the 12 & Under (youth) and 8 & Under (girls) through Junior age classification. The most effective mouth guards fit well and are comfortable, but they also stay in place, are durable, easy to clean and don't restrict speaking and breathing.



Stick – Length should generally extend from the ice to the players chin (with skates on). Quality and price differ greatly, so the choice is yours. Sticks are made for left- or right-handed players, depending on the curve of the blade, but youth skaters often use a straight blade stick.



Shin Pads – Check for proper lengths so they protect the knee and shin completely. The kneecap should fit directly into the center of the kneecap cup (or donut area) of the shin pad. The shin pad should then extend down the full length of the lower leg (to the top of the ankle bone). Make sure the shin pad isn't too long so that the skate does not push it up out of position.



Gloves – Hockey gloves should provide full protection for the hands and wrists within compromising a player's grip on the hockey stick. The glove's palm and cuff need to be flexible but protective. The main concern with the fit of a glove is making sure the gap between the glove and the elbow pad is minimal. The tightness or looseness of a glove is an individual preference. The tip of the fingers should not go completely to the end of the glove.



Shoulder Pads – A fiber cap is extremely important in preventing shoulder separations and should extend to the tip of the shoulder. Adjust to fit the individual at the time of purchase. The center of the player's shoulder needs to line up directly with the center of the shoulder caps. Good shoulder pads will provide protection for the collar bone, chest, ribs, back and upper arms.



Supporter and Cup – Essential protective equipment. Purchase according to waist size. Available for girls and boys.



Elbow Pads – Hard, plastic hockey elbow pads protect the elbow joint from impacts, falls and unnatural twisting movements. Must be properly fitted so they do not slide. The elbow should fit comfortably into the center of the elbow pad cup. Should provide forearm protection which extends down to near the cuff of the player's hockey glove.



Pants/Breezers –Pants provide protection for the lower spine, hips and thighs. Most hockey pants today are manufactured with pads built inside to cover and protect the hips, thighs, kidneys, and tailbone. Properly fitted pants can prevent your pads from sliding out of place and exposing an area to injury. While the fit should be loose and comfortable the pants should have the ability to be secured firmly by a belt around the waist. Approximately 90% of all players will be able to use their waist size as their guide for choosing the correct size pant. The bottom of the pants need to overlap the top of the shin pad kneecaps by 1 or 2 inches. Pants can be held in proper position by suspenders.



Neck Guard: fits comfortably, covers entire neck.

Please remember that all gear listed above is required for every practice, including mouth guards and neck guards. Players cannot practice or compete without the required safety gear.

PYHA has some gear kits available for sale or rental:

(kits include helmet with face mask, shoulder pads, elbow pads, shin guards, hockey gloves, breezers, jersey and equipment bag)

PYHA EQUIPMENT SETS	Rental	Deposit	Purchase
Youth S, M, L	\$30	\$50	\$75
Junior Small	\$40	\$50	\$75
Junior Large/Senior	\$45	\$50	\$75

Prices are subject to change

To rent or purchase gear contact Barry Klas at bandtklas@klasact.com.

Mouth guards: Dr. Wayne Peterson is offering free custom mouth guards again this year to all Palouse Youth Hockey players. Please contact his office and schedule an appointment in advance by calling (208) 882-9310 or visiting www.drwaynepeterson.net. PYHA is extremely grateful for this service and Dr. Peterson's continued support that helps keep our children safe.

Where else to buy gear:

Moscow: Paradise Creek Bicycles, Big 5, PYHA

Lewiston/Clarkston: Sports Authority, Sports Edition, Sports Re-Mix

Spokane: Hockey Armor, Ice Arena Sport Shop

There are also many online shopping options

Sources:

www.usahockey.com

USA Hockey Level 1 Instructor's Manual

www.sportsmedicine.about.com

www.greatskate.com