

# SIHA Hockey Equipment Buying Guide

## - Basic Information for Parents -

### In Order to Purchase Equipment for Kids

One of the first things you're going to have to do when taking up hockey is get the proper hockey equipment. Due to minor hockey rules, children require more equipment than adults, so in this guide we are making it more easy to understand what equipment kids need not adults.

#### **FOLLOW THE NUMBERS AND LEARN THE ORDER OF SUITING UP IN ORDER TO PLAY HOCKEY**

#### **FULL EQUIPMENT FOR KIDS**



- #01 - Check your equipment bag. Make sure you have everything in it before you leave home
- #02 - Don't forget to bring tape
- #03 - Always start by wearing a Jock (or jill for girls)
- #04 - Hockey Pants
- #05 - Shin Pads. Some players wear sweatpants. They pull the sweatpants over the shin pads and eliminate the socks
- #06 - Socks
- #07 - Skates
- #08 - Shoulder Pads
- #09 - Elbow Pads
- #10 - Jersey
- #11 - Neck Guard
- #12 - Put your street Cloths in the Hockey bag
- #13 - Put on your Helmet with a Faceguard and attached mouth guard
- #14 - Grab your gloves, stick, puck, and water bottle an enjoy playing hockey
- #15 - Repack your bag in the opposite order



# Hockey Equipment Details

## Hockey Equipment Bag

The bag is used to carry all the items needed to play Hockey.

There are different types of bags available, wheeled hockey bags and non-wheeled hockey bags. Most of the younger kids prefer a hockey bag with wheels. When they get older kids tend to prefer the non-wheeled hockey bags. Non-wheeled hockey bags take up less room and are easier to pack. Goalies usually prefer wheeled tower bags. They have space and sections to organize larger equipment.




### Jock (or Jill)

A jock protects the important parts (female hockey players use Jills). There are a number of different jock styles available, the old-style garter belt jock, and the newer style Velcro shorts. When it comes to a **garter style jock vs Velcro compression shorts, most players use the Velcro**. We personally prefer the Velcro short style jocks as well.

### Shin Pads

Shin pads will protect the legs from the top of the knees down to where the skates start. It's important to have proper fitting shin pads so there are no gaps between the skates and the shin pads.

		JUNIOR						SENIOR											
		S - 10"		M - 11"		L - 12"		S - 13"		M - 14"		L - 15"		XL - 16"		XXL - 17"		XXXL - 18"	
AGE	years	8	11	9	12	11	14	14	+	14	+	15	+	15	+	15	+	15	+
WEIGHT	lbs/lb	60	90	70	100	80	110	120	160	140	180	160	200	180	220	200	240	220	+
HEIGHT		4'3"	4'8"	4'7"	5'	4'11"	5'4"	5'5"	5'9"	5'7"	5'11"	5'9"	6'1"	5'11"	6'3"	6'1"	6'5"	6'3"	+
LENGTH		9	11	10	11	10	12	12	13	13	14	14	15	15	16	16	17	17	18



### Hockey Socks

These go over the shin pads and then attach to the jock either via the new style Velcro or the old-style garter belt. Most players also use clear hockey tape to help keep the socks up and hold the shin pads in place.



### Hockey Pants

Yes they are called hockey pants, even though they look more like shorts. The Pants protect from the knees up to the belly. It's important to get proper fitting hockey pants so they are not sagging or falling off, but also not too small that they leave a gap between the shin pads and bottom of the pants.



### Hockey Skates

These are one of the most important parts of hockey equipment. **A comfortable pair of skates is very important**. Also make sure that the skates are properly sharpened before going on the ice for the first time. I recommend buying skates at a shop and getting them properly fitted. **Make sure skates are** the right size (width and length) they

- usually fit a size or 2 smaller than shoes
- Comfortable
- Heat molded to fit the child's foot (most shops do this before you leave)
- Sharpened



## Shoulder Pads

Shoulder pads protect the shoulders, biceps, chest, and upper part of the back. Some players prefer bulky shoulder pads while others prefer shoulder pads that barely protect anything (better mobility). For younger players I recommend shoulder pads that offer good protection, but make sure they are not too big that it restricts the child from moving.



## Elbow pads

Elbow pads protect the elbows, as well as a bit of the forearm and triceps. The elbow pads are mainly for protection when the child falls, and from slashes and hooks from other players



## Neck Guard

The neck guard protects the neck from the very rare chance that a hockey stick or skate blade comes in contact with the throat.



## Helmet with full cage

A helmet is also very important. I recommend spending some extra money to get a helmet that offers good protection, and most of all make sure the helmet fits properly. A full cage is also required to protect the face

## Mouth Guard

A mouth guard is required to protect from dental damage and concussions. Mouth guards vary from about \$5.00 to a few hundred dollars if you get them from the dentist. If you buy your mouth guard at the store you will need to boil it and then bite it so that it will fit your teeth.



## Hockey Jersey

Teams require their players to wear a jersey, It's nice for a child to have their own jersey. This is a jersey they can wear when they are invited to play for fun with other players, or during practice.



## Hockey Stick

A hockey stick is another very important piece of equipment. A stick should be properly fitted with the right length, flex, and handedness.

**Typically the dominant hand should be put on the top of the stick**, so if a child is right handed they will shoot left, and if they are left handed they will shoot right. The dominant hand goes on top because the top hand does most of the movements during stickhandling.

**For the length of the stick** we recommend cutting the stick just below the chin while the child is on skates. This allows good movement of the stick and encourages the child to get a bit lower with their hockey stance.

# Hockey Equipment for Kids Question and Answer

## Should I buy new or used hockey equipment?

The problem with kids is that they are always growing. If you buy new hockey equipment for them every year or two it will get pretty-expensive. There is no problem buying used hockey equipment, in fact we encourage it. Most hockey equipment for kids has only been used for one or two seasons and is perfectly fine. The trick is to find used hockey equipment that fits your child properly. Do not sacrifice protection or comfort to save a few dollars.

If you are buying new you will spend about \$200-\$500 to get your child on the ice. If you are frugal you could likely get everything for your child for about \$50. At \$50 you would need to get some freebies and hand me downs from other hockey families or in a donation box at the ice rink. The SISP has basic new starter kit of protective equipment for a youth hockey player. It will cost you about \$125. The kit includes a bag, shin pads, elbow pads, chest protector, gloves and pants. Then the only major costs will be skates and a helmet. Skates can cost you between \$25 and \$200. A helmet with a cage between \$35 to \$100.

**We recommend good skates and a good helmet** and then build the rest of the equipment from there. Also getting a new jock is recommended.

### Where to find used hockey equipment

- Stores like recycled sports and play it again sports
- Online on sites like Kijiji, Craigslist, Ebay or a local classified website (you might be able to find a full set)
- In your arena (look for fliers) or even check the lost and found
- Ask parents of older hockey players

## Where should I buy my Ice Hockey Equipment?

There are good deals to be had online and through stores like Walmart or Target that sell reasonable approved ice hockey safety equipment. We recommend buying your skates and helmet in a specialty store like the Staten Island Skating Pavilion pro-shop. There you can get brand new equipment at great prices. Remember you need to know if it will fit properly.

We recommended new hockey players go to a store and try things on first. That way you will have an idea of what fits you well and what doesn't. You will get an idea of your size, and what brands you like. Then you can look around online and use the information from trying on in the store to possibly buy online.

## Do I need to buy Hockey Equipment all at once?

If you just want your child to try hockey you don't have to buy anything. Most minor hockey associations will have hockey equipment on hand that your child can wear for a few ice sessions to see if they like the sport. If your child likes it, then you can work on buying equipment

If your child will not be playing in a league then all you need is skates, a helmet, a stick and puck, dress in a sweatsuite and use whatever protective equipment you think is necessary. We recommend using both elbow and shin guards. The bare minimum will allow your child to play outdoor hockey, attending public ice sessions is a good way to become a better ice skater.

## Or Purchase Equipment One item at a time or get a Starter Kit?

Buying every piece of equipment individually can be expensive. If you go this route, you are looking at spending \$300-\$700. The better the equipment you buy the more you are going to spend.

**The good news is you can get hockey equipment starter kits at good prices. The Staten Island Skating Pavilion (SISP) has inexpensive starter kits** that make getting a kid started in hockey very affordable. The kit comes with gloves, shoulder pads, elbow pads, pants, shin pads, and a hockey bag. It's almost everything you need to start a child in hockey, but they do not include skates. They also have good prices on skates.