

Mite Equipment list

- 1. Helmet (recommended black) and Face Mask** - Obtain a helmet and mask that provides full facial protection.
- 2. Shoulder Pads** - The cap of the pad should cover the shoulder. Straps under the arms should come down far enough to protect the collarbone and chest. (**Recommend for Mite 2 and 3 levels**)
- 3. Elbow Pads** - The straps should remain tight, with a snug fit over the elbow. Most pads have adjustable straps or have elastic straps. When straps become loose, the pad will slip off of the elbow, leaving it unprotected.
- 4. Shin Pads** - The knee is a primary area of concern for protection. The pad should cover the knee when the leg is straight and when it is bent at the knee. Pads should bend just below knee in order to conform to the bent leg
- 5. Gloves** - Gloves range in price from inexpensive to very expensive. They should have ample room for the fingers and thumb and must not be too snug in the wrist area. Be sure the cuff comes up far enough to adequately cover the wrist.
- 6. Breezers** - Pants are usually six sizes larger than normal waist size. The top padded portion of the pants should cover the hips, lower ribs, and kidneys. The legs should be an inch or two above the knee, overlapping with the top of the kneepads. If a gap exists, lower the pants or obtain others that fit appropriately.
- 7. Skates** – Skates are the hockey player's most important piece of equipment. Without properly fitted skates, the young hockey player is at a tremendous disadvantage. Skates should not be bought several sizes too large so a player may "grow into them." Oversize skates will retard the skating development of the youngster. Skates should be slightly smaller (approximately one size to half size) than the normal shoe size. They should fit snugly with just one pair of socks. Push the toes all the way to the front of the boot. At the heel area there should only be enough room for a pencil to fit between the heel and the back of the boot. When properly laced, players should not be able to lift their heels and their toes should be able to move. Rapidly growing youngster may outgrow more than one pair of skates in a season. Skates need to be sharpened every week or two.
- 8. Stick** – Stick length can be determined by placing the front, bottom edge of the stick on ice between the skates. The top of the shaft should touch the player's chin. It should touch the nose if the player is wearing shoes, not skates.
- 9. Other Required Equipment** : Mouth guard, One piece cup/shorts/sock holder, neck guard, garter belt, hockey socks, shin straps, hockey bag, jersey, tape, extra skate laces and a towel to wipe off skates.

Remember to initial all of your equipment, including your hockey stick