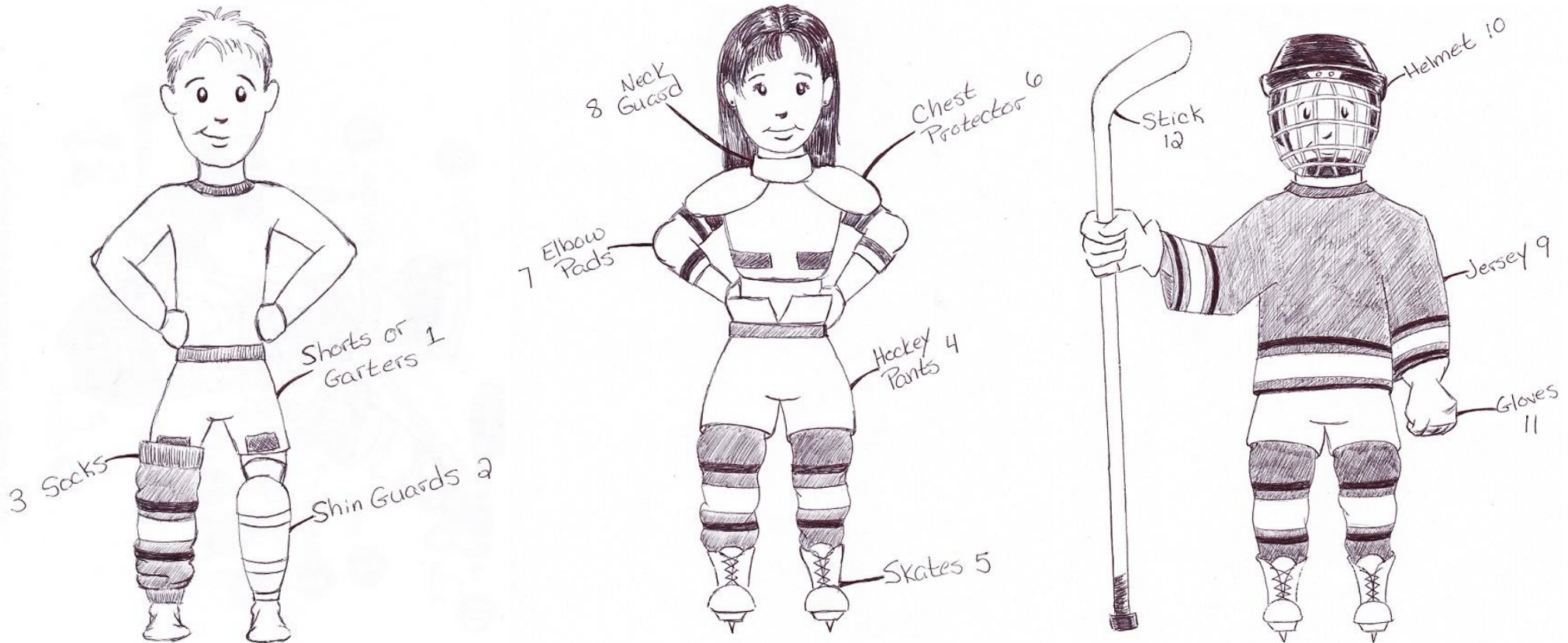


Our easy 12 Step program to dress you hockey player!!



- * Arrive 30 minutes early
- * Use the bathroom **before** getting dressed
- * Open skates wide when putting on or taking off
- * Put on dry socks just before putting on skates
- * Old soft pjs are great to wear under hockey gear
- * Hang gear after practice to dry, helps with the smells
- * Put an identifying mark on gear you own, in case it is lost.
- * Wipe blades before putting on skate guards, prevents rusting.
- * Keep skates sharp, avoid walking on concrete! They should be sharpened every 4-6 practices.