

First Time Skaters – Helpful Hints

What should your child wear?

- Helmet (white tape on front with child's first name printed)
- Shin pads or knee pads
- Elbow pads
- Gloves
- Hockey skates (sharpened)

Dress your child in long johns and calf high socks. Place elbow pads and shin pads over the long johns. For the bottom outer garment, loose fitting ski or sweat pants works well. Use hockey tape to secure the elbow and knee pads in place. Tape right over the ski or sweat pants. Your child should wear a loose fitting top, nothing too heavy as they will be working really hard and you don't want them to be too hot. The league usually will issue your child a jersey, which should be worn. Helmet and gloves are self-explanatory.

This will be your child's first experience on the ice. They are sometimes afraid to fall because falling unprotected may hurt. The equipment above will provide a reasonable amount of protection. We as coaches want them to feel comfortable and ultimately free to try skills without the concern of falling and experiencing discomfort.

The pro-shop at Boss Arena offers great beginner packages:



LEARN TO SKATE / PLAY PACKAGES

"THE PROSPECT"	"THE ROOKIE"
Bauer 2100 Helmet Combo Bauer Supreme Hockey Skates Bauer Shinguards Bauer Elbow Pads	Bauer 2100 Helmet Combo Bauer Supreme Hockey Skates Bauer Shinguards Bauer Elbow Pads Bauer Hockey Pants Bauer Hockey Gloves
\$99.99	\$129.99

*Black 2100 Helmet also available. Substitutions may be made for out of stock items.

Mannys
HOCKEY
CRANSTON
URI ARENA
CUMBERLAND

The first day of skate, where do we go, what do we do?

You should plan on arriving 30 minutes prior to the start of your child's practice. This will ensure time to get your child dressed without having to rush. There is plenty of seating around the rink where you can get your child dressed and skates tied. I recommend you try to stay close to the area outside of the pro shop because that is the area where the first time skaters will enter the ice. At the start of the session, the coaching staff will come over and open the doors to the rink. The coaches will line up milk crates on the ice at the entrance for the children that may need help. It is not uncommon for your child to be nervous. The most important thing to do is get them on the ice and let the coaching staff take over. Please do not come on the ice. Only the coaching staff and registered players are permitted. The only important thing is that the children are having fun in a safe environment. At the end of practice the coaching staff will ensure all skaters are directed back to the door where they entered the ice. You should be there to greet your child!

For additional questions, please feel free to contact Greg Cox at 401.338.0558 or gregcox@sriyha.com.

