

MANVEL YOUTH HOCKEY ASSOCIATION



PLAYER/PARENT HANDBOOK 2023-2024

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# MANVEL YOUTH HOCKEY ASSOCIATION

## PARENT HANDBOOK

*Updated 8-24-2022*

### Welcome

Welcome to the Manvel Youth Hockey Association (MYHA). The board of directors welcomes the participation of your family in the association and we look forward to a fun and exciting season of youth hockey. The purpose of this handbook is to help make your experience with MYHA more rewarding by offering information about our programs. If you have any questions, please feel free to contact your board representative. Board business meetings happen monthly and are open to all. Dates and locations for these sessions are posted on the MYHA website at: <https://www.manvelparkdistrict.com>. We are a member of the North Dakota Amateur Hockey Association (NDAHA) and USA Hockey.

### Introduction

It is the goal of the Manvel Youth Hockey Association (MYHA) to offer a program that provides opportunities for boys and girls to learn life skills such as good sportsmanship, teamwork, and the importance of commitment while improving their ice hockey skills and playing the game in a competitive environment.

You, the athlete, and your parents determine the success of MYHA; along with the cooperation and assistance of the coaches. Your dedication and hard work are factors of this success. You and your family must be familiar with and adhere to the rules of USA Hockey, as well as of MYHA. You, as a member of the Manvel Freeze, are constantly in the public eye and your conduct on and off the ice not only influences future players, but also reflects the standards of all athletes of MYHA.

**YOUR SIGNATURES (ATHLETES AND PARENTS) ON THE PLAYER COMMITMENT FORM INDICATE THAT YOU HAVE READ, UNDERSTAND, AND AGREE TO THE RULES OUTLINED IN THE PLAYER/PARENT HANDBOOK; AND THAT YOU WILL FOLLOW THEM.**

### About MYHA

MYHA is a non-profit hockey program, servicing the Manvel area for more than 10 years. Teams are available for boys and girls of preschool through age 10. The coaches, managers, and board of directors consist of dedicated volunteers whose goal is to inspire kids to learn and love the sport of ICE HOCKEY.

### MYHA Board

The affairs of this Association shall be managed by a Board of Directors who shall be elected from the active membership of the Association. The Board of Directors consists of five (5) members: The Officers: President (non-voting, except to break a tie), Vice President, Treasurer, Secretary, and a Board Member.

The duties of the Board of Directors shall be to manage the affairs of the Association in accordance with policies and purposes for which it was formed, which include but are not limited to:

- a. To consider and act upon any and all matters concerning the MYHA program.
- b. To fill any vacancies which occur among the elected officials until the election.
- c. Authorize the disbursement of funds.
- d. Authorize any matters creating an obligation or commitment of the Association.
- e. To hear and rule on appeals.
- f. Remove from the Board and/or Membership any member in accordance with (the handbook, appendices, Code of conduct).
- g. Approve and maintain a balanced budget for each fiscal year.

## MYHA Officers

The following positions may be appointed by the President with the approval of a majority of the Officers:

- Equipment Manager
- Scheduler
- Association Registrar
- Volunteer Coordinator
- Coaches
- Concessions Manager

## MYHA Meeting Schedule

All MYHA members are encouraged to attend association meetings. Dates of General MYHA meetings and Board meetings are listed on the Manvel Park District website at <https://www.manvelparkdistrict.com/>. Members are encouraged to attend all MYHA meetings.

## Communication and Reporting Issues

### Association Communication & Updates

Association communication will be sent out through the following methods:

1. GroupMe app
2. Email via Sports Engine
3. Updates on the Manvel Freeze Hockey website (<https://www.manvelparkdistrict.com/manvelfreeze>)

Please ensure that you have your primary email account listed in your Sports Engine account settings and that your email settings are enabled to allow for receiving messages from Sports Engine. You can adjust which types of messages you would like to receive (Association wide messages vs. team messages) in your account settings.

Practice schedules will be available on the Manvel Freeze Hockey website via icalendar. Please check the calendar regularly. Any changes made to the practice schedule will also be sent to you via the GroupMe app.

### Reporting Issues or Concerns

We want to ensure that your child has the best experience possible with our association, so please notify us of any issues or concerns in the following manner:

- Should you have any questions or concerns regarding your child's team, coach or playing experience, please contact your team manager.
- If the issue cannot be handled at that level, the team manager will bring the issue forward to the coaches for resolution.
- If the issue is still not resolved, contact a MYHA Board Member to be placed on the next meeting's agenda. Contact information for all board members is listed on the Manvel Freeze website. We want to ensure that your child has the best experience possible with our association, so please notify us of any issues or concerns.

When issues arise, please remember the following:

- Team managers are volunteers and would like to watch their child play.
  - If the issue is not an emergency, please find an appropriate time to bring it to their attention.
- Coaches are volunteers and have a job to do during practices and games.
  - Coaches are there for the children, Team Managers are there for the parents.
- Board members are volunteers and would like to watch their child play.

- Issues need to be addressed to the entire board; it is not appropriate to attempt to resolve an issue directly with a single board member.
- All issues for the board will be handled at meetings; you may request to be placed on the agenda.

## Volunteerism

The Manvel Youth Hockey Association (MYHA) relies on its members volunteering to allow the organization to run with as little overhead as possible. Setting a requirement for a minimum number of service hours (dibs) ensures that the various responsibilities can be spread out among the association's families, which not only allows opportunities for participation and ownership, but helps keep registration fees down.

## Earning Dibs

It is easy to fulfill dibs! There are multiple different options to volunteer and help with the program: work concessions during home games/tournaments, perform routine arena cleaning, serve as a team manager, operate the time clock for home games/tournaments, run the Zamboni (approved operators only), or assist in fundraising activities (breakfast, raffle tickets, etc.). There are many other ways to assist the program and earn Dibs; if you have an idea, please bring it to the board for approval. **Dibs will not be granted for a project or activity unless it has received prior approval!**

- The Dibs requirement is per player and not per family.
- For all families not using the buy-out option, a total of twelve (12) hours of volunteer service is required per player.

Dibs will be posted on the Manvel Freeze website. Families may claim any dibs that are available. Missed dibs or unfulfilled dibs will be charged \$30 per dib to your child's USA hockey account and must be paid prior to registering for another season.

## Dibs Buy-out:

For those members who might have more financial resources than time, MYHA allows for a buy-out of \$400 in lieu of fulfilling dibs. These monetary contributions help, and are very much appreciated by, the association. If it is your decision to select the Buy-out option, please know that you are still welcome to assist in any area, if you are able and wish to do so. We appreciate any help, especially for the tournaments we host. Our collective goal is to provide our kids with a great hockey experience!

If you have any questions please first contact your team manager.

## SafeSport Training and Background Check for Volunteers

All volunteers or guardians who will be managing, helping kids in the locker rooms or working in other capacities with players will need to complete the following requirements prior:

1. Register as a manager/volunteer with USA Hockey: <https://membership.usahockey.com/>
2. Complete SafeSport training: [www.usahockey.com/safesporttraining](http://www.usahockey.com/safesporttraining)
3. Complete a USA Hockey Background Screen: <https://www.usahockey.com/backgroundscreen>

## What is USA Hockey?

USA Hockey Inc. is the national governing body for the sport of ice hockey in the United States. As such, its mission is to promote growth of hockey and provide the best possible experience for all participants by encouraging, developing, advancing and administering the sport.

**For the player**, USA Hockey annually conducts regional and national championship tournaments in various age classifications; sponsors regional and national player identification and development camps; studies and makes

recommendations for protective equipment; provides an insurance program that includes excess accident, general liability and catastrophic coverage.

**For coaches and officials**, USA Hockey conducts clinics and produces training manuals and videos through the Coaching Education Program and the Officiating Education Program. These programs enrich the knowledge of coaches and officials through careful study, training and examination. USA Hockey also promotes uniformity in playing rules and the interpretations of those rules.

**For parents**, USA Hockey provides valuable information so you can help your hockey player learn the most while having fun. There are explanations as to what to expect at each level as well as guidelines as to how to support your player in a positive way. For more information on USA Hockey, go to: [www.usahockey.com](http://www.usahockey.com).

**Registration:** MYHA requires all players to be registered with USA Hockey.

## Registration

All players must be registered prior to practice or play.

Registration is a two step process.

1. Register through USA Hockey (<https://membership.usahockey.com/>)
2. Register with the Manvel Freeze through Sports Engine (<https://www.manvelparkdistrict.com/manvelfreeze>)

What level does my child play and what should the player expect?

### Level Descriptions:

**Termites** - Boys and girls ages 6 and under who are just starting out. This level is developmental (USA Hockey's "Active Start" phase), getting the player used to being on skates while wearing equipment and learning new skills. The games are non-competitive in nature (no score keeping) keeping the emphasis on fun!

**Mites** – Boys and girls ages 7 & 8 years of age. Emphasis is still on sharpening skating skills while learning strategies through practice and games, as this is USA Hockey's "Fundamentals" stage. The games are cross ice and small ice (2/3<sup>rd</sup>) and timed with (coach) referees. Players are encouraged to play different positions including goalie.

**Squirts** – Boys and girls 9 & 10 years of age. Players build on the skills they have learned as Mites. This is USA Hockey's "Learn to Train" stage where there is more focus on puck control, and even greater skating control. At this level positioning is introduced, though not prioritized. Games will be played on a full sheet of ice and offsidelines is enforced. Players will improve skating, agility, stick handling and use of legal body contact during this critical stage for acquisition of hockey skills. Improved group interaction, team building and gaining awareness of team play are outcomes. Players will start learning to transfer skills and concepts from practice to games.

**For more information about youth hockey levels and other information visit:**

<https://www.usahockey.com/playersandparents>

### Playing Up Policy

#### ***Manvel Youth Hockey Association Policy for "playing-up"***

##### ***1. Why do we need these rules?***

We need to have a clear set of rules that allow us to make objective, transparent decisions that are in the best interests of our players and our association. In addition, playing at higher age divisions increases the risk of injury and imposes a liability to our association and our rink if we do not have sensible guidelines in place. Player safety is our first priority, and thus the "play up" criteria will be specific to each age division.

## 2. How does a parent request that their child play at a higher division?

The request to play up a level must be based upon one or more of the following reasons:

- 1) Family constraints
- 2) Skill
- 3) Team/division composition
- 4) Grandfather clause\*.

Making a request to play up using any of these reasons does not guarantee approval. The request will be evaluated using criteria outlined in the rubric for playing up. The request must originate from the parent(s), be in writing, and have a clear and legally binding acknowledgement of the increased injury risk. A waiver indemnifying the association, coaches, and rink must also be included prior to beginning any practice or play with the older division.

## 3. Who decides whether the player can move up a division?

The initial approval will be made by obtaining the approval and signature of the majority of current Board Members. One of the Board Members will then forward to the coaches for final approval. The head and assistant coaches from both divisions (age appropriate and upper division) from the current season will need to approve the move and sign the request.

## 4. What criteria will be used to make the decision?

Players will never be allowed to play up two years. Requests for a player to move up a division by one year will be evaluated on a case-by-case basis using ALL of the following criteria. The decisions of MYHA to allow a player to move up a division may be revoked and the player may be asked to return to their age appropriate division if the player has not played 4 or more USA Hockey sanctioned games at the upper level, and there is a basis to indicate that the decision to move the player up a level is inappropriate.

Justification for request to play up	Information Required:	As determined by:	Should NOT play up an age division	MAY be considered to play up an age division	Why this criterion is important?
1. Skill	Ability of the player with regard to <b>all</b> of the fundamentals of hockey.	Former and current coaches of the player <b>OR</b> an independent skills assessment by a neutral party.	Player would be among the bottom <b>90%</b> of the team to which they are playing up.	<b>Mites to Squirts:</b> Player would be among the top 3 of the players for the division to which they are playing up.	Moving up a division only makes sense for player development if they will be appropriately challenged <b>ONLY</b> at the higher division.
2. Family constraints	# of players in family, # of parents in family, teams on which siblings play, other considerations	Parents, MYHA rosters	The ability of the player to attend practices and games does not differ with regard to age division.	The ability of the player to attend practices/games of the age appropriate division is severely compromised by family constraints, <b>AND</b> , these constraints are mitigated by playing up (typically with a sibling).	Single parent households. Households with more teams than parents.
3. Team/Division Composition	Number of players per team in each age division. How will the lower and upper level teams be impacted?	MYHA rosters	The team of the higher division has more than <b>14</b> players, <b>OR</b> , The team of the lower division will be left with less than <b>13</b> players.	The team of the higher division needs more players (has fewer than <b>13</b> or lacks critical position such as goalie) to remain viable.	It is not fair to the other players on the team to give up "ice time" to a non-age appropriate player, or have the lower division team be unable to field a team due to insufficient numbers.

<b>4. Grandfather clause*</b>	Has the player played up to this division in the year prior within or outside of our association?	MYHA Rosters	The player did not play to the higher division last season.	The player played in the higher division last season.	The decision to play up a division predated the development of these rules. Moving the player back down a division would be pointless.
<b>1. Safety</b>	Size, fitness, ability	Approval committee	Player is at a significantly higher risk of injury.	Player's risk of injury is not significantly higher.	Always the first consideration
<b>2. Size</b>	Height and weight of the player compared to the median size of the higher division.	Start of season measurement	Player would be below the median size in the higher age division.	Player would be above the median size in the higher division. <b>OR</b> , the player is so much bigger than their age group that they impose a safety risk to kids their own age.	Safety. Even in non-checking divisions, collisions with significantly smaller players increase injury risk.
<b>4. Division Characteristics</b>	Rules for body contact/checking for each division.	USA Hockey	The higher division involves significantly more body contact than the age appropriate division.	The rules for body contact in the two divisions are the same.	Safety.
<b>5. Emotional Maturity / Development</b>	Past, present and potential division up coaches' assessment.	Coaches, parents, evaluation committee	The player is deemed not mature enough to thrive under the increased demands or changes in social dynamic of older teammates.	The player is mature enough to thrive under the increased demands and changes in social dynamic of older teammates.	Optimal player development, efficiency of coaching, team cohesion. Increased playing/practice time and team expectations.

## Expectations

### Parent Code of Conduct

As the parent of a hockey player, you set the example for good sportsmanlike conduct. Learning how to win and lose graciously and having respect for teammates, coaches, officials, opponents and the rinks where they play is just as important as the skills they are learning.

MYHA places a high value on good sportsmanship and respect. These are life skills that will carry throughout the hockey player's life. While players are taught to skate "heads-up", parents should adopt a similar attitude when it comes to game behavior. Cheer strongly in a positive manner, congratulate the opposing team on a job well done regardless of the outcome of the game, emphasize the good things your player did even if he/she didn't score a goal or have a shut-out. Refrain from "ugly talk" or commenting negatively about the other team, coach or referee in front of your player. USA Hockey gives these points for parents:

- Do not force your children to participate in sports, but support their desires to play their chosen sport.
- Emphasize skill development and practices and how they benefit your young athlete. Deemphasize games and competition in the lower age groups.
- Children are involved in organized sports for their enjoyment. Make it fun.
- Encourage your child to play by the rules. Remember children learn best by example, so applaud the good plays of both teams.
- Do not embarrass your child by yelling at players, coaches or officials. By showing a positive attitude toward the game and all of its participants, your child will benefit.
- Know and study the rules of the game, support the officials on and off the ice. This approach will help in the development and support of the game. Any criticism of the officials only hurts the game.
- Applaud good effort in victory and defeat, and reinforce the positive points of the game. Never yell or physically abuse your child after a game or practice, it is destructive. Work toward removing the physical and verbal abuse in youth sport



- Recognize the importance of volunteer coaches. They are very important to the development of your child and the sport. Communicate with them and support them.
- If you enjoy the game, learn all you can about the game and volunteer!

### Coaches Code of Conduct

Coaches are expected to follow the rules of fair play as well as show good sportsmanlike behavior at all team functions. Coaches are expected to emphasize respect of fellow team members, opposing team members, parents, officials and places where the team practices and/or plays at. While it is easy to get caught up in the competition of the game, coaches are role models for their players and set the tone both on and off the ice of what type of behavior is acceptable. USA Hockey lists the following points for coaches:

- Winning is a consideration, but not the only one, nor the most important one. Care more about the child than winning the game. Remember players are involved in hockey for fun and enjoyment.
- Be a positive role model to your players, display emotional maturity and be alert to the physical safety of players.
- Be generous with your praise when it is deserved, be consistent, honest, be fair and just, do not criticize players publicly, and study to learn to be a more effective communicator and coach and don't yell at players.
- Adjust to personal needs and problems of players, be a good listener, never verbally or physically abuse a player or official, give all players the opportunity to improve their skills, gain confidence and develop self-esteem, teach the basics.
- Organize practices that are fun and challenging for your players. Familiarize yourself with the rules, techniques and strategies of hockey, encourage all your players to be team players.
- Maintain an open line of communication with your players' parents. Explain the goals and objectives of your association.
- Be concerned with the overall development of your players. Stress good health habits and clean living.
- To win the game is great; to play the game is greater; to love the game is the greatest of all.

### Player Code of Conduct

MYHA's Player Code of Conduct explains the type of conduct it expects from all levels of players. Good sportsmanship, respect for teammates, coaches, parents, opponents, officials and the rinks where they play are expected from all players. Players will not swear or use abusive language on the bench, in the rink or at any team function. There will be no lashing out or verbal abuse to officials. Fighting is not tolerated. There are severe penalties for any player caught fighting. Any player who violates any of these rules of conduct is subject to disciplinary action. USA Hockey defines the Players' Code of Conduct as follows:

- Play for FUN!
- Work to improve your skills.
- Be a team player-get along with your teammates.
- Learn teamwork, sportsmanship, and discipline.
- Be on time for practices and games.
- Learn the rules, and play by them. Always be a good sport.
- Respect your coach, your teammates, your parents, opponents and officials.
- Never argue with officials' decisions.

USA Hockey and MYHA has a zero tolerance conduct policy for abuse and misconduct.

We do not tolerate, sexual, physical, emotional abuse; bullying, threats and harassment; or hazing.

### Prohibited Conduct and Reporting

MYHA prohibits all types of physical abuse, sexual abuse, emotional abuse, bullying, threats, harassment and hazing, all as described in the USA Hockey SafeSport Handbook. Participants, members or volunteers in MYHA may

be subject to disciplinary action for violation of these locker room policies or for engaging in any misconduct or abuse or that violates the USA Hockey SafeSport Policies. Reports of any actual or suspected violations, you may contact any board member, email [usahockeysafesport@usahockey.org](mailto:usahockeysafesport@usahockey.org), or call 1-800-888-4656.

## MYHA's Locker Room Policy

In addition to the development of our hockey players and enjoyment of the sport of hockey, the safety and protection of our participants is central to MYHA's goals. MYHA adheres to USA Hockey's SafeSport Program as a means to help protect its participants from physical abuse, sexual abuse and other types of misconduct, including emotional abuse, bullying, threats, harassment and hazing. To help prevent abuse or misconduct from occurring in our locker rooms, MYHA has adopted the following locker room policy.

This policy is designed to maintain personal privacy as well as to reduce the risk of misconduct in locker rooms.

### **Locker Room Monitoring**

MYHA has predictable and limited use of locker rooms and changing areas (e.g., generally 30-45 minutes before and following practices and games). This allows for direct and regular monitoring of locker room areas. While constant monitoring inside of locker rooms and changing areas might be the most effective way to prevent problems, we understand that this would likely make some players uncomfortable. If the coaches are not inside the locker rooms, either a coach or screened locker room monitor will be in the vicinity of the locker rooms and changing areas during periods of use. Only participants (coaches and players), approved team personnel and family members are permitted in the locker rooms.

### **Parents in Locker Rooms**

Except for players at the youngest age groups, we discourage parents from entering locker rooms unless it is truly necessary. If a player needs assistance with his or her uniform or gear, if the player is or may be injured, or a player's disability warrants assistance, then we ask that parents let the coach know beforehand that he or she will be helping the player. Naturally, with our youngest age groups it is necessary for parents to assist the players getting dressed. We encourage parents to teach their players as young as possible how to get dressed so that players will learn as early as possible how to get dressed independently. In circumstances where parents are permitted in the locker room, coaches are permitted to ask that the parents leave for a short time before the game and for a short time after the game so that the coaches may address the players. As players get older, the coach may, in his or her discretion, prohibit parents from a locker room.

### **Mixed Gender Teams**

Some of our teams consist of both male and female players. It is important that the privacy rights of all of our players are given consideration and appropriate arrangements made. Where possible, MYHA will have the male and female players dress/undress in separate locker rooms and then convene in a single locker room before the game or team meeting. Once the game or practice is finished, the players may come to one locker room for a team meeting and then the male and female players proceed to their separate locker rooms to undress and change. If separate locker rooms are not available, then the players will take turns using the locker room to change. We understand that these arrangements may require that players arrive earlier or leave later to dress, but believe that this is the most reasonable way to accommodate and respect all of our players.

## Coaching

MYHA requires that each coach be certified by USA Hockey for the appropriate level age. In addition to knowing the game, it is mandatory that the coach pass the USA Hockey Safesport and background check.

# Practice Schedules and Tournament Play

## Practice Schedules

Practice schedules are determined by the MYHA Board and coaches, based on ice and coach availability. Current schedules of practices can be found online at <https://www.manvelparkdistrict.com/manvelfreeze>.

## Tournaments

Tournaments are determined by the MYHA Board and coaches, based on ice and coach availability. Current schedules can be found online at <https://www.manvelparkdistrict.com/manvelfreeze>.

## Additional Resources

### Gear List for 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 screwdriver 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 all players in each 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 player's 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. A straight blade stick is recommended for young players, as it is inexpensive and allows them to experiment with playing right and left handed with the 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 without 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 collarbone, 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.***