



## Town of Oyster Bay ICE HOCKEY PROGRAM

### Mandatory Ice Hockey Equipment

1. One enthusiastic hockey player!
2. T-Shirt and Regular Socks
3. Supporter, cup over garter belt (this is essential protective equipment, check for proper fit).
4. Bottoms of long underwear (optional), and warm up pants.
5. Hockey Socks
6. Shin pads and shin pad straps: check for proper fit so they protect the knee and shin completely.
7. Hockey Pants: provides protection for lower spine, hips and thighs.
8. Shoulder Pads: adjust to fit at time of purchase. Important in helping prevent shoulder separations. Should extend to tip of shoulder.
9. Skates: Acquire to fit NOW! With *no more* than ½ inch for growth. Seek adequate protection in the ankle, toe, and instep areas. Improperly fitted skates WILL hamper your child's ability to skate.
10. Elbow Pads (properly fitted so that they do not slide).
11. Throat Guard.
12. Jersey – any that you choose.
13. Helmet: Must be USA Hockey approved and sized at the time of purchase to fit properly. A FULL FACE MASK IS REQUIRED; chin strap must always be fastened.
14. Mouthpiece: MANDATORY – no player will be allowed on the ice without it, no exceptions.
15. Gloves: check for proper fit with good hand and finger mobility.

16. Stick: Length should extend from the ice to the player's chin (with skates on). Quality and price differ, so the choice is yours.
17. MAKE SURE SKATES ARE SHARPENED BEFORE FIRST SESSION.

Optional Extras: Skate guards, hockey tape, skate towel.

**FOR GOALIES:** Special equipment is necessary, such as gloves (catching and stick), chest and stomach protector, skates with protective shell, leg pads, shoulder and arm protectors. Goalie equipment is especially important, so seek advice from knowledgeable sources. The Town of Oyster Bay has goalie equipment for players to borrow if they think they are interested in the position without the investment. FEEL FREE TO ASK ANY OF THE CLINIC COACHES FOR ADVICE ON THE ABOVE.

## STAY CONNECTED

Hockey Office: 516-433-7465 ext. 8234

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