

Mite Equipment

- **Skates** – Purchase skates that will fit your child today with no more than ½” allowed for growth. Seek adequate protection in the ankle, toe and instep areas, improperly fitted skates will hamper your child’s ability to skate. **PROPERLY FITTED SKATES ARE CRITICAL TO DEVELOPING A GOOD SKATING STRIDE!!**
- **Helmet and Facemask** – 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 chin strap must always be fastened. **CHECK SCREWS MONTHLY TO BE SURE THEY ARE TIGHT!**
- **Mouth guards** – Required for players in NPHA classifications. District 6 requires a tethered mouth guard and neck guards.
- **Stick** – Length should generally extend from the ice to the players chin (with skates on) to nose with skates off. Quality and price differ greatly, so the choice is yours. **TOO LONG OF A STICK IMPEADS DEVELOPMENT!**

Mite Equipment (cont.)

- **Shin Pads** – Check for proper lengths so they protect the knee and shin completely.
- **Supporter and Cup/ Pelvic Protector** – Essential protective equipment. Girls also require protection.
- **Gloves** – Check for proper fit with good finger and hand mobility.
- **Shoulder Pads** – Adjust to fit the individual at the time of purchase. A fiber cap is extremely important in preventing shoulder separations and should extend to the tip of the shoulder.
- **Hockey Pants/Breezers** – Held in proper position by suspenders or a belt. Pants provide protection for the lower spine, hips and thighs.
- **Elbow Pads** – Properly fitted so they do not slide.