

Getting Started – What you will need

- ✓ Helmet – proper fitting, do not buy a helmet too large, very important for their protection.
- ✓ Skates – proper fitting, not too big and not too small – go to a used skate if you are just starting out – they are already broken in and kids grow quickly so it's much cheaper.
- ✓ MOUTH GUARD – Please get the child used to the mouth guard early, if needed, trim it to fit your child's mouth
- ✓ Stick – cut roughly to their chin height when on their skates **OR** their nose without skates
- ✓ Neck guard
- ✓ Elbow Pads
- ✓ Shoulder Pads
- ✓ Jock for boys / Jill for girls
- ✓ Pants
- ✓ Shin Pads
- ✓ Gloves

In our U5 and U7 groups, Tim Horton's provides socks and Jerseys.
For those groups, at the first practice, jerseys and socks will be provided.

Canadian Tire or Source for Sports carry "starter kits" in a few different sizes and for a reasonable price.

Used Skates or other equipment from a sports exchange store is always an option