



Fitting Notes
for
Hockey Gear

Helmets:

- Bauer and CCM have different fit – CCM is closer fit...little more streamlined – many women like it
- Helmet should fit just above the eyebrows
- Chin should fit comfortably into cup of facemask
- Should not have any pressure points from pads. Foam pads can be shaped to a limited extent
- Adjustable even within sizes with screwdriver
- Clear shields are available, but tend to fog and price would be more

Shoulder Pads:

- Both lines were selected for lack of bulkiness, important in a non-check league
- Shoulders should fit directly into shoulder caps without adjustments or straps
- When lifting arms, pads should not dig into the neck of the player as this may cause injury.
- Arm pads should extend to just above the elbow to ensure full protection

Elbow Pads:

- With elbow in cup of pad, bottom should extend to top of glove cuff
- Check that straps do not cut off circulation
- 452 is basic and will be sufficient to protect against falls, but has soft shell vs. hard plastic of 652
- 652 line is designed a little more ergonomically – strap positions mean that you will have less chafing from the elastic

Gloves:

- Try a pair out while gripping a stick
- Fingers shouldn't swim, but shouldn't be snug either (hey you want to be able to throw them off and start swinging!)
- Padding on the back of the glove should absorb all shock. Check this by pressing on the back of the glove. The player should not feel any pressure on the backside of the hand.

Hockey Sticks:

- Proper height of stick after being cut down is when end of stick is at nose height in street shoes or at chin height when player stands on tiptoes (to simulate skates) Toe of stick should be on ground and stick is vertical.
- Sherwood is a solid stick with firm flex good for intermediates and strong players. Solid core, but lighter than most wood sticks at that price point. Shaved handle for easier gripping when taped
- Need to be able to flex stick to get rebound for slap shot
- Koho Jr model is only good for people up to about 5'5"; softer flexing, fiberglass construction means it's a little more durable
- Specify Right or left models

Pants:

- Fit according to waist size; should not be tight
- Bottom of leg should extend over shin guard by 1 or 2"
- When fitting pants for females, fit hips first, then check the length of the pant.

Shin Pads:

- If possible, wear loosely fitting skates in order to get the proper length of the shin pad.
- The cap of the shin pad should be centered on the kneecap.
- The bottom of the pad should meet top of skate.
- If the pad is too short, it leaves an unprotected area above the skate will be exposed.
- If the pad is too long, it will restrict movement and create discomfort for the player.
- 12" – 4'4" to 5'0"
- 13" – 5'0 to 5'4"

- 14" – 5'4" to 5'9"
- 15" – 5'9 to 6'2"

Garter & Supporters:

- Men need this. Women generally do not need cup but some do to have pelvic protection
- Jock shorts are great – well worth it in terms of time savings. Keep cup in shorts; just slip shorts on and off. More comfortable and also allow Velcro garters which are much quicker than regular hook and button.
- Lot of guys switch and buy the shorts during the season
- Sizing is according to waist size

Jerseys:

- Estimate large – if possible, try on with shoulder pads, elbow pads and gloves
- Fitting sizes – S, L, XXL, but actually 5 sizes available (XS-XXL)
- Material is breathable mesh – no shrinkage

Socks:

- Players shorter than about 5'6" may want to consider Jr size (only Bruins avlb)
- Very little shrinkage with the material
- Fitting sizes: Jr, Sr

Bags:

- Bags are good – don't be one of those guys that shows up at practice with a ripped garbage bag
- At \$25, Supreme 1000 is good basic bag – Cordura rip stop nylon material
- Step up to Supreme 3000 for side and end pockets good so not everything gets lost in main compartment

Accessories:

- **Throat protector:** Not necessary – but adds extra protection. Soft, doesn't really get in the way. Jr and Sr sizes
- **Mouthpiece** – Very important in not only protecting against injuries to the mouth and teeth, but head injuries such as concussions. Soften with boiling water and mold to your teeth. One size
- **White tape** - good for general equipment repairs and wrapping end of your stick
- **Black friction tape** – protect hockey stick blade and makes it stickier to control puck a little easier. Beginning players tend to lean on their sticks and need to replace the tape or else the blade starts wearing down
- **Blade covers** – Keeps your skate blades from ripping up your bag and other gear and also absorbs water to keep blades from rusting. Terry cloth, green or black.
- **Pucks** – always good to have a few pucks available for pond hockey, open-stick sessions, or just practicing on the lawn. Official 6 oz weight