



Waxers Rookie Camp

DRESSING YOUR PLAYER

- To start dressing, your child should only have a shirt (sleeves will become their personal preference), briefs and socks on. Their socks should not be too bulky as that can create friction inside the skate that will lead to blisters. Some players choose to not wear socks and go barefoot in their skates.
- When fitting, the desired result is to overlap equipment to minimize exposed/unprotected flesh—i.e., pants should overlap the top of shin pads, shin pads should overlap tongue of skates.
- If you only want to dress your child once for a game, make sure your little player goes to the **restroom before you continue.**
- Next is the Neck Guard. **Neck Guards are mandatory.** A player will be sent off the ice and the team may be assessed a penalty if neck guard is not worn.
- Jock or Jill, which provide groin protection, get put on first.
- Shin pads get strapped on next followed by hockey socks.
- Players should have a set of socks. The socks will have to be attached to the Jock or Jill by the garter straps or by the Velcro.
- The clear or white sock tape can be wrapped around the outside of the sock and around their calf to help keep everything snug. This is at your discretion
- The hockey pants go on next. Tip for the parent - If your child finds the pants a bit too loose you can purchase suspenders.
- Skates are next. The trick to putting on skates is to loosen the laces right to the bottom and start tightening from the bottom of the skate to the top of the skate pulling each pair tight before moving up.
- Your child and the type of foot they have will determine how tight the skate needs to be. Some players like to have the shin pad and sock pulled over the tongue of the skate and laces.
- I recommend a pair of WAX laces, as they are more likely to remain tight.
- Next put on the shoulder pads, elbow pads, and the jersey—in that order.

- The mouth guard is next. **The mouth guard it is mandatory. Players will not be allowed on the ice without a mouth guard.** Mouth guards need to be fitted by heating in boiling water and molded to the teeth. Follow the instructions that are provided by the manufacturer. Alternatively, some dentists in Markham offer custom mouth guards.
- Finally, the helmet. There are two sets of straps, one for the helmet and one for the cage. The straps should be snug, but not tight.
- Helmets have expiry dates, as the plastic degrades and loses its protective qualities against impact. Check the dates on the label on the back of the helmet. Also avoid putting stickers on the helmet as this too can affect performance.
- Their hockey stick should be no taller than the height of their chin with their skates on. The stick can be cut with a hacksaw and should be taped off at the end to hide the rough edge. Most players tape the blade of the stick as well for better control of puck. This will become something your child will most likely spend hours perfecting.
- Regular hockey bags are smaller and cheaper than the ones with rollers, but if you are envisioning your child carting the gear around, the roller bag might be the wiser purchase.
- Skates should be sharpened after every 6 skates. With a practice and a game each week, in practice this means every 3 weeks. You can buy a skate sharpening card that gives you a discount for buying ten sharpenings up front.
- Finally, when you get home, take all of the equipment out of the bag and let it dry thoroughly. Leaving the gear in the bag will allow bacteria and mold to grow. In addition, it is the mold and bacteria, (not your children) that causes hockey equipment to stink. Trust me when I tell you it is worth taking the two minutes to take the gear out of the bag.