



Hockey Initiation Program Player Equipment Information

Meramec Hockey Club rents several items of hockey equipment that is required for our Hockey Initiation Program players. This equipment is available to rent while supplies last. We require a **\$150 deposit** in cash or a check made payable to "MHC" for the equipment that is rented. The rental deposit will be refunded at the conclusion of the HIP session upon return of all of the rental equipment and upon receiving the renter's signature on the equipment authorization form. The renter will be charged for any equipment that is lost or for equipment damaged beyond normal wear and tear. Refunds on rental equipment that is returned after the equipment return date shall be at the discretion of the MHC Equipment Director &/or Treasurer.

MHC Rental Equipment:

1. Helmet 2. Shoulder Pads/Chest Protector 3. Elbow Pads 4. Gloves 5. Pants 6. Shin Pads



Equipment Required for Purchase:

(MHC recommends purchasing used equipment whenever possible.)

1. Stick



2. Skates



3. Socks



4. Neck Guard



5. Mouth Guard



6. Compression Shorts or Supporter & Protective Cup w/ Garter Belt



OR



7. Suspenders (optional to hold up pants)



Meramec Hockey Club requires black helmets and black pants for all recreational and league teams.
If you are purchasing this equipment on your own, please be sure to purchase them in black.
All HIP players will receive a sharks jersey to keep!

How to Properly Fit Your Hockey Equipment:

Helmet

- The helmet should fit snugly but comfortably on the head.
- Your chin should fit as much as possible on the chin guard (If there is a cage).
- Remember, helmets are adjustable.

Shoulder Pads

- Pads should fit snugly and comfortably.
- Shoulders should be aligned in shoulder guards.
- Bottom of arm pads should not overlap elbow pads.

Elbow Pads

- Measure the length between your shoulder pad and the cuff of your glove. This measurement will be the size elbow pad that is appropriate.
- There shouldn't be any space between the top of the glove and the bottom of the elbow pad.
- There also shouldn't be a gap between the arms of the shoulder pads and top of the elbow pads.
- If you use a glove with a low cuff, remember to look for a longer elbow pad to compensate for the extra space.

Gloves

- Make sure the glove fits comfortably.
- There is a wide variation in styles of gloves, longer to shorter cuffs. Shorter cuffs provide "easier" maneuverability for stick-handling, but leave you open to slashing.
- Check for a pliable, yet durable, palm.

Pants

- Add approximately 6" (15cm) to your actual waist size to come up with a pant size.
- If you like a big fitting pant, add 8" (20cm).

Shin Pads

- Measure the distance from the center of your knee to the top of your skate boot. This is the length of shin guard you should purchase.
- Some shin guards have built-in straps to hold it onto your leg, I prefer these. Alternatively, you can buy shin straps or use tape (on the outside of your socks!).

Skates

- Your toes should barely brush the toe of the skate when your heel is all the way back.
- Wear the type of sock you will wear when playing. Some players opt to not wear socks, in this case use a nylon (most stores won't let you try on skates/shoes with bare feet).

What is your shoe size?

- For CCM skates find your athletic shoe size and subtract 1 shoe size. For women, this size is 2 to 2 1/2 sizes smaller. This is your CCM skate size.
- For Bauer and Nike find your athletic shoe size and subtract 1 1/2 shoe sizes. For women, this size is 2 1/2 to 3 sizes smaller (yes, 3!). This is your Bauer or Nike skate size.

Stick

- The height of the stick should reach to your chin when you have your skates on.

Accessories

Jock shorts, neck guard, mouth guard, wrist guard, shin straps and suspenders are all optional (except in some leagues the neck guard and mouth guard are mandatory) and should fit comfortably.