



Westonka Youth Hockey Equipment List

Required Equipment

- Hockey Helmet with full face shield
- Mouth Guard
- Neck Guard
- Shoulder Pads
- Elbow Pads
- Hockey Gloves
- Protective Cup (boys) / Pelvic Protector (girls)
- Shin Pads
- Breezers (Hockey Pants)
- Skates
- Hockey Stick

Recommended Items

- Equipment Bag
- Skate Guards
- Hockey Tape (for stick blade and knob)

Provided by Westonka Youth Hockey

- Westonka Jersey
- Hockey Socks

Hockey Skate Sizing & Sharpening

- The fit of your players skates is a critical part of their development
 - Skates too large/small can negatively impact their skating ability
 - MN Hockey recommends 1-2 sizes SMALLER than their shoes size as a good starting point
 - MWAH recommends visiting a hockey retailer for accurate sizing
- Skates should be sharpened periodically throughout the season at any sporting good store or hockey retailer
 - At this age, skates only need to be sharpened every 10-20 hours of ice time. (1-2 months)

Stick Sizing Guidelines

- Stick should reach from the ground to the player's nose (with skates off, stick vertical)
- Too short: Impedes development
- Too long: Makes stickhandling difficult
- Recommended Youth Stick Flex: 15 / 20 / 30