

Kettle Moraine ICE CENTER



Welcome to the WCYHA Pre Hockey Program!

We are excited and that you have chosen to involve your child with our program. It is our hope that your child has fun and develops a life long love of the game of hockey. We just wanted to take a few moments to explain a few things.

When you come to the rink each week there is a dry erase board hanging between the entrance doors to the rink. On this board will be PRE HOCKEY listed and next to it a room number. The locker rooms are located down the hall to the left as you pass through the doors. Please dress you child in the locker room assigned to us.

If you are unsure of how to use any of the equipment, please come find a coach, and don't be afraid to ask questions. Equipment that is worn improperly can actually cause more harm than good, not to mention that a first time skater has a very hard time standing up with equipment on correctly, let alone improperly.

We are on a time schedule that is fairly rigid. There is generally a game or practice scheduled right after us, so plan on being at the rink 15 minutes ahead of time to allow enough time to get your skater geared up and ready.

We hope to have at least one, and possibly two scrimmage games held here, and possibly at another rink. These games are completely voluntary, and your child will be matched up so that they are playing against kids at their "level".

We hope that your child enjoys this program and is hooked on hockey for life. If you have any questions or concerns, please feel free to talk to my assistant Bryan Pfaff or myself before or after the session.

Thanks,

Craig Petersen
Director of Pre Hockey
GM, Kettle Moraine Ice Center

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How Does This Equipment Work Anyhow?

For the first time hockey parent, hockey equipment can be as confusing as anything. Here are a few helpful hints.

HELMET: A good fitting helmet fits just above the eyebrows. The cage straps should fit the cage snug to the bottom of the chin. The looseness of the helmet is adjusted generally by two screws on each side of the helmet that collapses or expands the helmet so that the helmet does not swivel on the head.

SHOULDER PADS: The tops of the pads need to fit close to the joints they are protecting. Proper fit is more important than the size of the protection.

ELBOW PADS: Inside most elbow pads are donuts. The elbow should fit into the donut and provide protection from just below the end of the shoulder pad to where the glove begins.

PANTS: When you flex your knee you want the pant to come to the base of the knee cap.

SHIN PADS: Shin pads should cover from where the pants end to the top of the skate.

Safety should outweigh the idea that your child could get an extra season out of oversized equipment. Aside from oversize equipment being uncomfortable for the player, improperly fitted gear can do more harm than good. Also, make sure you are buying **ice hockey** equipment, not **street hockey** equipment. Street hockey equipment will not stand up in cold temperatures and will likely fracture. While you can find good equipment at local sports stores, it is a good idea to go to a hockey shop for the first timer. The people that run most of these stores in this area are great people who are knowledgeable in equipment and will treat you right.