



**2009-2010**  
**Chaska Chanhassen**  
**Hockey Association**  
**Rookie Camps**

Thank you for signing up your child for the Chaska Chanhassen Hockey Association Rookie Camp. We are excited to be part of your child's introduction to the great sport of hockey!

Please take a few moments to read this informational packet on the Rookie Camp, equipment and hockey.

Sincerely,

Brian Charchenko  
Chaska Chanhassen Hockey Association  
Rookie Camp Director  
[rookiecamp@cchockey.org](mailto:rookiecamp@cchockey.org)

### Encourage your Child:

Encourage your child to do their best and to have fun! Don't be discouraged if your child struggles their first few times on the ice. We certainly don't mind and neither should you. Many hockey players started out struggling to learn the basics of skating and hockey. Our main goal is to make this fun for your child and to get them to continue to want to play hockey. Get them on the ice, smile and say "Have Fun!"

### Behavior on the Ice:

Talk to your child about behavior while on the hockey rink, some basics are:

- Do your best
- Have FUN!
- When the coach blows the whistle, stop what you're doing and listen
- When the Zamboni is on the ice, ABSOLUTELY no kids should be on the ice. When the Zamboni doors are open, you can't be on the ice. Wait for a coach to tell you when to step on the ice.

### Getting your Child Ready to Hit the Ice:

We suggest arriving in plenty of time to get your child ready to hit the ice. Arriving at least 25 minutes prior to your ice session will allow sufficient time to be ready and hit the ice when your session starts.

Many parents find it easier to get their player partially dressed at home and arriving at the rink to put the skates, helmet and gloves on.

We have locker rooms assigned for each of our rookie camp sessions for your child to get dressed and ready. Please use the locker rooms and avoid using the lobby area to get ready.

Here is a good format for putting on your child's equipment:

- Athletic Supporter (with cup protector for boys and pelvic protector for girls)
- Hockey Garter Belt (if not already built into the Athletic Supporter)
- Shin Pads
- Hockey Socks (or sweatpants)
  - Pull the Hockey Socks (or sweatpants) over the shin pads
- Breezers/Hockey Pants (suspenders if needed to hold up the Breezers/Pants)
- Shoulder Pads
- Elbow Pads
- Jersey
- Neck Guard
- Skates
- Hockey Helmet with Face Mask (mouth guard with strap – attached to face mask)
- Hockey Gloves
- Hockey Stick – wood or composite hockey stick  
(note: No Plastic Street Hockey Sticks or Plastic Blades)

### After your Ice Session:

After your ice session and before leaving the rink, it is always a good thing to double check your hockey bag to make sure you remembered everything.

Teach your child responsibility for their hockey equipment. Encourage your child to carry some of their equipment to and from the rink. If they are old enough, it's a great idea to have them put as much equipment on as they can on their own. The earlier you can teach them to help with the equipment process, the sooner they'll be doing it on their own. Mom and Dad will still need to do the skate tightening 😊

### Equipment:

Getting properly fitted for your equipment is key, either used or new equipment should always fit properly. Equipment that is properly fit reduces the chance of injury and allows your child to enjoy the great sport of hockey even more!

What to do with your equipment when not using it? It's always a good thing to take your equipment out of your bag and air out the equipment. This reduces the potential of mold and helps prolong the life of the equipment.

### Skates:



What is the Proper Fit for Skates? Skates normally fit 1 to 1-1/2 sizes smaller than your street shoes. While wearing the sock that will be worn when skating, slip your foot into the skate, pressing the ends of the toes against the front of the skate. In this position, you should be able to place one finger between the inside of the boot and the heel of your foot. Walk 10 to 15 minutes in the skates checking for comfort. An ideal fit for an adult would have the heel at the rear of boot and have the big or second toe lightly "feather" the toe cap while standing.

For a player that is still growing, have the large or second toe "feather" the toe cap. Look behind the heel for any room. No more than 1/2" should be allowed.

How Can I Break In My Skates Faster? A good way to break in skates is to lace them up at home. If you do this for a few hours it should help your feet feel better when you first skate. This is also a good way for young skaters to strengthen their ankles.

It's also important to wipe down the blades after skating, this helps reduce potential rust and pitting of the skate blade.

**Skate sharpening – Rule of thumb is every 4 – 6 skates on indoor ice, more frequently on outdoor ice. To see if the skates are sharp enough, hold the blade up and gently rub one of your fingernails at an angle over the edge of the blade. If they're not sharp at all, nothing will rub off your fingernail. NOTE: Walking on cement or metal is not good for skates. Teach your child to walk on the rubber flooring.**

### **Helmet:**



The areas to consider when choosing a helmet are protection, comfort and fit. You should always look for equipment that feels comfortable. Although most helmets are lined with protective foam, some do feel better than others. The helmet should be adjusted to fit snug to prevent any shifting and maximize protection. Make sure the chinstrap is adjusted so it gently makes contact under the chin when fastened. It is recommended that the player wear CSA and HECC certified helmets. All CSA and HECC certified helmets have a sticker indicating their certification. Open your helmet to its largest setting and on the head so that the rim is one finger width above the eyebrow. Gradually begin to downsize the helmet until a comfortably snug fit is achieved.

### **Gloves:**



What is the Proper Fit for Hockey Gloves? The main concern with the fit of a glove is making sure the gap between the glove and the elbow pad is minimal. The tightness or looseness of a glove is an individual preference. The tip of the fingers should not go completely to the end of the glove.

### **Shoulder Pads:**



What determines the Proper Fit for Shoulder Pads? It is very important that the center of the player's shoulder lines up directly with the center of the shoulder caps. Good shoulder pads will provide protection for the collar bone, chest, ribs, back and upper arms.

### **Elbow Pads:**



What determines the Proper Fit for Elbow Pads? The player's elbow should fit comfortably into the center of the elbow pad cup. Also, a good elbow pad will provide forearm protection which extends down to the cuff of the player's hockey glove.

### **Shin Pads:**



What is the Proper Fit for Shin Pads? A player's kneecap should fit directly into the center of the kneecap cup of the shin pad. The shin pad should then extend down the full length of the lower leg. It's important to make sure the shin pad isn't too long. If so, the skate would push it up out of position.

### **Pants:**



What determines the Proper Fit for Breezers or Pants? While the fit should be loose and comfortable the pants should have the ability to be secured firmly by a belt around the waist. Approximately 90% of all players will be able to use their waist size as their guide for choosing the correct size pant. The bottom of the pants should overlap the top of the shin pad kneecaps by 1 or 2 inches. Suspenders may be needed to hold up the Breezers/Pants.

### **Sticks:**



How do I know what length of stick to use and where should I cut my stick off? A good way to measure your stick is to stand, without skates in your stocking feet, on a flat surface. Place the toe of your stick on the ground between your feet. Lean the stick straight up-and-down so the handle of the stick touches the tip of your nose. A general rule is to mark and cut the handle of your stick where it touches the tip of your nose. Then when standing on your skates, the stick should come up to your chin or just below it.

Which way should I shoot? Try to let your child choose which way they shoot. Just because your child throws or writes with their right hand, does not necessarily mean they will shoot right-handed in hockey. Typically, the player's dominant hand is at the top of the hockey stick, thus, if you write with your right hand, on a hockey stick your right hand would be at the top of the stick and would indicate shooting left-handed with a hockey stick.

Remember to tape your stick with hockey tape. Tape the top of the stick with a small knob, this makes the stick easier to hold and easier to pick up. Tape the blade of the stick too; this makes it much easier to handle the puck.

### **Additional Skating:**

Other ways to get your child on their skates: Open Skating, both the Chaska Community Center and the Victoria Field House offer Open Skating (check the lobby at both rinks or their websites for open skate schedule). Skating Lessons, both City of Chaska and City of Victoria offer skating lesson. The best place of all is the great outdoors, outdoor rinks and ponds are great ways to improve and enjoy hockey. More than anything, to build confidence, kids just need time on their skates.

### **On-Ice Volunteers and Coaches:**

We rely on on-ice volunteers to help make the Rookie Camp run smoothly. If you're able to stand on your skates, can smile, encourage kids, and be patient, then please come out on the ice! All you need are your skates and a helmet. We are always looking for additional on-ice help.

**The Chaska Chanhassen Hockey Association hopes that you and your child enjoy the 2009-2010 CCHA Rookie Camps**