

New Parent's Handbook to Hockey

So your son or daughter wants to play hockey. Great, but now what? Below are some next steps to get your child and you going in the right direction.

- 1.) Register for hockey – If you have not already registered, you must register prior to your child stepping on the ice. To do so, please go to the www.cghockey.com website and click on “Registration”.
 - a. During registration, you will be required to register with USA Hockey prior to finishing the Cottage Grove Hockey registration.
 - b. When the registration is processed, the CGHA Registrar will notify the Mite Director or Girls Director to place your child on the appropriate team or group.

2.) Equipment Requirements

Sporting goods stores that carry hockey equipment will be able to help you with this list. There is a fair amount of youth equipment that is traded in and resold at some stores.

- Helmet (preferably black) with ear protection and with HECC approved full-faced protection, commercially manufactured and attached to helmet, with approved chinstrap
- Mouth guard must be attached to face protector with a flexible strap or cord
- Shoulder pads
- Athletic support and cup/pelvic protector
- Shin guards
- Proper fitting hockey skates
- Hockey gloves
- Garter belt or Sock Jock (to hold up socks)
- Elbow pads
- Breezers (preferably black)
- Hockey stick
- Neck guard (throat protector) (optional, but recommended)
- Practice jersey – Jerseys/socks will be handed out at the first practice.

NOTE: There are some equipment packages available to first time skaters. Please contact the Equipment Manager Kim Scollick for further information.

It is recommended that you practice putting on the equipment prior to the first practice.

- 3.) First day at the rink. Where's the locker room.
 - a. Skaters are assigned to a dressing room each time they skate. The room number is listed on a LCD Screen in the lobby of the arena. Look for your child's group on the monitor.

- b. If your child's practice is on the Studio (South) rink, go through the doors on the left.
 - c. If your child's practice is on the North rink, go through the doors on the right.
 - d. If your child's practice is on the West rink, go straight and then down the stairs to the right of the West rink doors.
- 4.) When you arrive at the locker room, you will enter a packed room with many small kids excited to get their hockey equipment on and get on the ice. There will be many parents in the locker room as well.
- a. Find an opening on the bench and start putting on your child's equipment. Below is a suggestion of what order to put on the equipment:
 - i. Athletic supporter, which may be included in the Sock Jock shorts. If you are using a garter belt, put this on at this point.
 - ii. Shin pads
 - iii. Socks
 - iv. Breezers
 - v. Shoulder Pads
 - vi. Elbow Pads
 - vii. Jersey
 - viii. Skates
 - ix. Helmet
 - x. Gloves
 - b. If you need help with your child's equipment, feel free to ask one of the other parents or coaches.
 - c. After all of the child's equipment is on, exit the locker room, line your child up with the other players by the door of the rink and tell them to have fun!
- 5.) Getting on the ice – It is very important to not go on the ice until the Coach is on the ice and has given the team the O.K. to come out. Note: Coaches must make sure that all nets are placed on the ice.