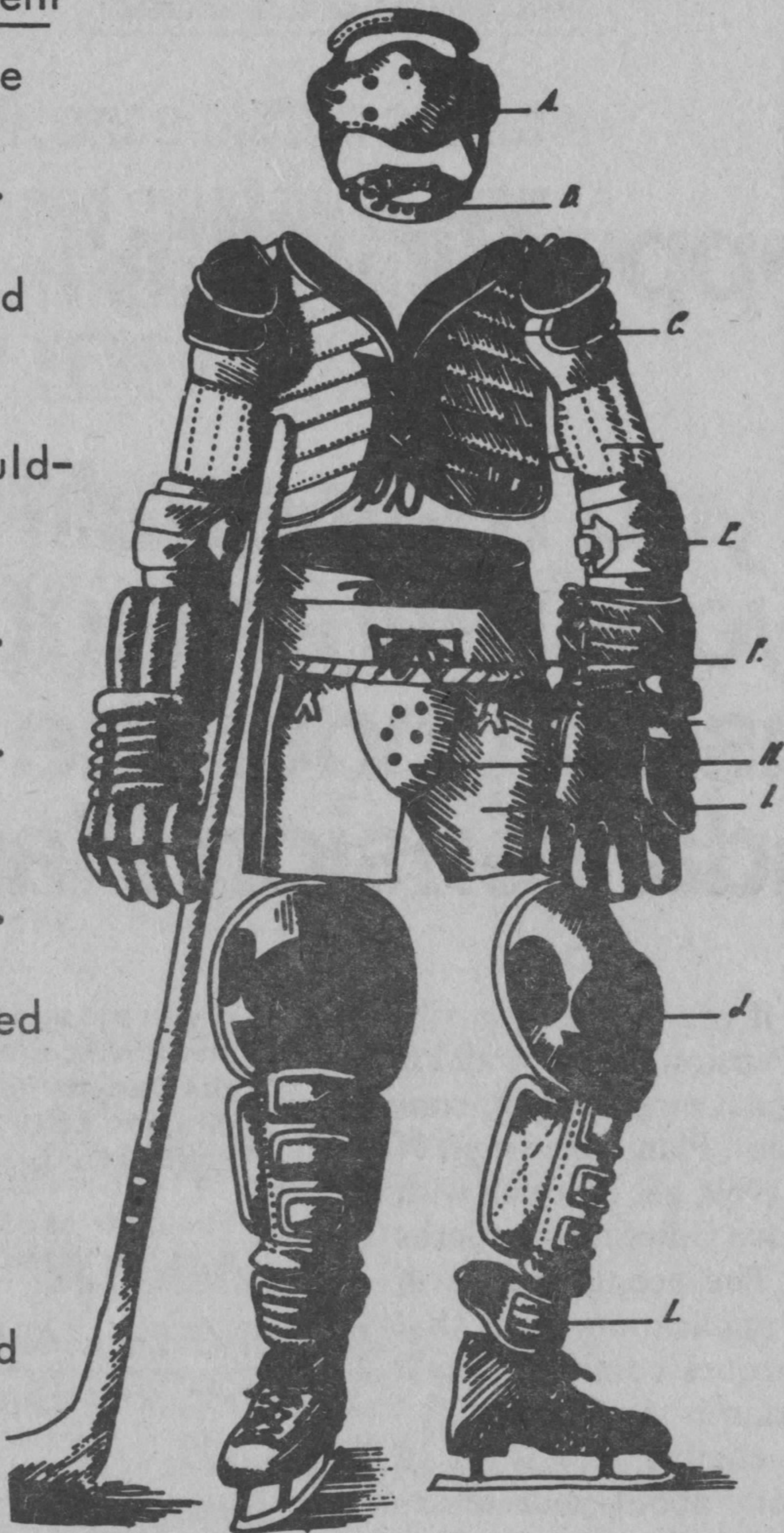


SPORTS CORNER

Hockey Equipment

- (a) Polyethylene covered foam padded helmet.
- (b) Foam padded mouth guard.
- (c) Padded shoulder harness.
- (e) Elbow pads.
- (f) Garter Belt.
- (h) Ventilated protective cup.
- (i) Pants, padded waist, spine, hips.
- (j) Shinguards.
- (l) Foam padded leather ankle guards.



SUGGESTIONS OF WHAT TO WEAR

Atoms - Players in this group (5 to 7 years) should not go on the ice without a helmet. The balance of the equipment could be purchased as your boy shows interest and in conjunction with the roughness of play on the ice - and your budget.

PeeWees - These players (8 to 12 years) should wear all the equipment especially if they play in out-of-town games. The shoulder pads could be one of the last pieces of equipment to purchase.

Teens - Every player in this age group should be completely outfitted as described in the diagram, mainly because of the body contact that takes place during a game. The aforementioned suggestions have been written as a guide for those who may be doubtful of the type of hockey equipment a player can

wear to help prevent injuries resulting from participation in the game of hockey.

YOUR GUIDE TO BUYING HOCKEY EQUIPMENT

Helmet - The helmet should be the coverall type and not a less expensive, two piece model that only cover the forehead and back of the head. Many good models are available for less than \$4.00.

Mouthguard - Many foam-padded mouth guards protect against mouth cuts and breakage of teeth. They fit most hockey helmets and can be purchased for as little as \$1.50.

Shoulder Harness - This is one of the least important pieces of equipment for youngsters. Many experts believe that a player under 10 years of age should not wear any. Do not let your boy wear the football style fibre or polyethylene pads that are still readily available, even though they make him look twice as big as he really is. The light weight foam models with the poly caps and flippers are very adequate for any player of any age as evidenced by the very skimpy models that most N.H.L. players wear. Pads can be purchased for as little as \$4.00 for small boys.

Elbow Pads - These are most vital for all players and the pre-shaped models (continued on Page 17)

