



Kelowna
SKATING CLUB
CENTRE OF EXCELLENCE



Dear Parents,

I would like to share some **very important information** regarding your player's equipment!

Firstly, please ensure that your son or daughter's **skates are tied up right to the top providing the needed ankle support** they require when developing their skating skills. **Do not miss any skate eyelets!** If you can put your fingers between their skate and their ankle they are not done tight enough. To reduce injury, **please never wrap laces around the ankles**. I have had players that have had severe tendon issues as a result of such. Tying laces around the ankles also breaks down the skates prematurely.

Secondly, your son or daughter's **stick should be up to their chin and not surpass their nose**. If the stick is too long it does affect their stride and also the longer the stick the harder it is to control and protect the puck. For a **ringette player, stick should be just below armpit**. **PLEASE NOTE:** Your 6 – 12 years of age sons and daughters are at the age where they do not have enough core strength to take advantage of an expensive stick so don't buy expensive sticks as excellent rotary core strength is required to get the max out of the flex of the stick. Having the **proper length of stick is more important than an expensive stick at this point in their development**. Please ensure their sticks do not surpass their nose and are around their chin.

Lastly, please make sure that your **child's skate tongue is UNDER their shin guard and UNDER their sock**. This not only provides ankle stability but it also ensures that they will not suffer an ankle injury while battling in the corners for the puck or ring. I have had multiple players at higher levels become injured due to a cut to the ankle as a result of the tongues not being tucked in.

These above **three points are honestly critical** if you would like your son or daughter to progress in skating and hockey or ringette. Thanks for taking the time to read this! If you have any concerns or questions, feel free to address those to me by e-mail at skatingontheedge2004@hotmail.com.

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