



AMHERST HOCKEY ASSOCIATION - PLAYER EQUIPMENT

Equipment	Learn to Skate	Learn to Play	Girls House	Travel Teams
Skates	X	X	X	X
Helmet with face mask/shield	X	X	X	X
Shin pads	X	X	X	X
Elbow pads	X	X	X	X
Hockey gloves	Any type of mitten/glove	X	X	X
Hockey stick	X	X	X	X
Hockey pants	Recommended	X	X	X
Shoulder pads	Optional	X	X	X
Mouth guard	Recommended	Recommended	X	X
Neck guard	Optional	Optional	Optional	Optional
Protective cup	Optional	Optional	N/A	X

Skates should fit properly and be in good condition. It is very important that the skates be sharpened at the beginning of the season and periodically throughout to be effective.

A **helmet** with full-face protection (cage or shield) must be worn and certified by the Hockey Equipment Certification Council (HECC) and approved by USA Hockey.

Hockey stick should be cut to proper length (to player's mouth when on skates).

Mouth guards must be colored (clear not allowed).

Neck guards are optional. The intent of a neck guard is to provide protection against neck lacerations.

Goalies: AHA will supply goalie equipment (leg pads, chest protector, gloves, guards) to players in Mites and Squirts.

Equipment should be routinely checked and maintained throughout the season.

AHA Recommended Colors:

Helmet – White

Hockey Pants – Red

Contact an AHA board member or coach for any questions.