



LEARN TO PLAY HOCKEY



EQUIPMENT FIT GUIDE

Little Penguins Learn to Play program participants receive a full set of hockey equipment. The equipment process is supported by DICK'S Sporting Goods. During registration, all equipment sizes must be selected. Equipment is then packed individually and picked up at the pre-selected DICK'S Sporting Goods location on a designated date.



MEASUREMENT GUIDE

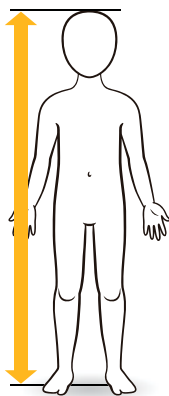


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HEIGHT

Measure from the top of the head to the heel of the foot on the ground.

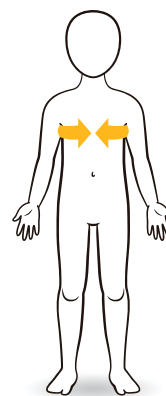
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CHEST

Wrap a tape measure around the chest, just below the armpits, to determine the circumference of the chest.

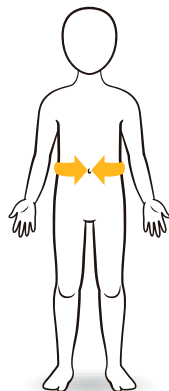
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WAIST

To measure the waist, wrap the tape measure just above the hips.

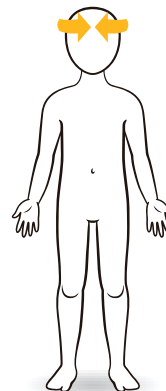
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HEAD

To determine the head circumference, place the measuring tape at the back of the head where it protrudes out the most. Then, pull the measuring tape around to the front of the head, meeting about 1/4 of an inch above the eyebrows.

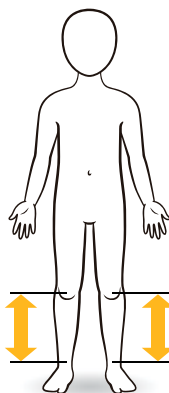
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SHINS

Measure the length from the middle of the knee to an inch above the ankle bone.

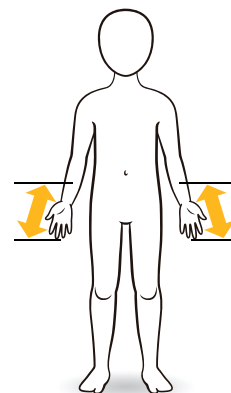
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HANDS

Measure from the longest tip of the fingers to a third of the way up the forearm.

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EQUIPMENT GUIDE



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PLEASE USE THE MEASUREMENTS FROM THE PREVIOUS PAGE TO BEST DETERMINE THE CORRECT SIZE OF EQUIPMENT FOR YOUR CHILD.

SHIN GUARDS

These are designed to fit over the kneecap to just above the skate top. Use your height as a secondary measurement.



| YOUTH SIZE | HEIGHT (in.) |
|------------|--------------|
| 8 in. | 3'4" - 3'8" |
| 9 in. | 3'8" - 4'0" |
| 10 in. | 4'0" - 4'4" |

| JUNIOR SIZE | HEIGHT (in.) |
|-------------|--------------|
| 11 in. | 4'4" - 4'8" |
| 12 in. | 4'8" - 5'0" |
| 13 in. | 5'0" - 5'4" |

HOCKEY SOCKS

Sizing based on length of ankle to upper thigh. If you selected youth size shin guards, then most likely you will need youth size 20 in. socks. Generally, if you selected junior size shin guards, then you will need size 24 in. socks.



| YOUTH SIZE | WAIST (in.) | HEIGHT (in.) |
|------------|-------------|--------------|
| 20 in. | 20" - 23" | 3'4" - 4'0" |
| 24 in. | 22" - 24" | 4'0" - 4'6" |

HOCKEY PANTS

You may notice some crossover in the sizes here. That's when you will want to use height as a secondary guide. Keep in mind that the belt allows the pants to be adjusted tighter on the hips.



| YOUTH SIZE | WAIST (in.) | HEIGHT (in.) |
|------------|-------------|--------------|
| SMALL | 20" - 22" | 3'4" - 3'7" |
| MEDIUM | 21" - 23" | 3'7" - 4'0" |
| LARGE | 22" - 24" | 4'0" - 4'4" |

| JUNIOR SIZE | WAIST (in.) | HEIGHT (in.) |
|-------------|-------------|--------------|
| SMALL | 22" - 24" | 4'0" - 4'6" |
| MEDIUM | 24" - 26" | 4'4" - 5'0" |
| LARGE | 26" - 28" | 4'8" - 5'4" |

SKATES

Start with your child's shoe size and subtract 1 to get their skate size. Choose the next size up if they are a half size.



| YOUTH SKATE SIZE | YOUTH SHOE SIZE |
|------------------|-----------------|
| 8.0 | 9.0 |
| 9.0 | 10.0 |
| 10.0 | 11.0 |
| 11.0 | 12.0 |
| 12.0 | 13.0 |
| 13.0 | Junior 1.0 |

| JUNIOR SKATE SIZE | JUNIOR SHOE SIZE |
|-------------------|------------------|
| Youth 13.0 | 1.0 |
| 1.0 | 2.0 |
| 2.0 | 3.0 |
| 3.0 | 4.0 |
| 4.0 | 5.0 |
| 5.0 | 6.0 |

STICK

All participants receive a straight blade stick.



SHOULDER PADS

Match your chest measurement to a corresponding shoulder pad size. Use your height as a secondary guide. Shoulder pads provide protection for the collarbone, upper chest, upper arms and shoulders.



| YOUTH SIZE | CHEST (in.) | HEIGHT (in.) |
|------------|-------------|--------------|
| SMALL | 20" – 24" | 3'4" – 3'8" |
| MEDIUM | 22" – 26" | 3'8" – 4'0" |
| LARGE | 24" – 28" | 4'0" – 4'4" |

| JUNIOR SIZE | CHEST (in.) | HEIGHT (in.) |
|-------------|-------------|--------------|
| SMALL | 26" – 30" | 4'4" – 4'8" |
| MEDIUM | 28" – 32" | 4'6" – 4'10" |
| LARGE | 30" – 34" | 4'8" – 5'0" |

ELBOW PADS

These are designed to cover the area from just below the shoulder pad to just above the hockey glove. Elbow pads are adjustable and secured with Velcro straps, so sizing is general and can be determined by your height and shoulder pad size.



| YOUTH SIZE | HEIGHT (in.) |
|------------|--------------|
| SMALL | 3'8" – 4'0" |
| MEDIUM | 4'0" – 4'4" |
| LARGE | 4'4" – 4'8" |

| JUNIOR SIZE | HEIGHT (in.) |
|-------------|--------------|
| SMALL | 4'4" – 4'8" |
| MEDIUM | 4'6" – 4'10" |
| LARGE | 4'8" – 5'0" |

JERSEY

If you selected a youth shoulder pad size, then most likely you will need a small/medium jersey. If you selected a junior shoulder pad size, then most likely you will need a large/x-large jersey.



| YOUTH SIZE | HEIGHT (in.) | CHEST (in.) |
|---------------|--------------|-------------|
| SMALL/MEDIUM | 4'2" – 4'7" | 19" |
| LARGE/X-LARGE | 4'11" – 5'4" | 22" |

GLOVES

Start by matching the size with the hand measurement. Then, use your height and weight as secondary guides.



| YOUTH SIZE | WEIGHT (in.) | HEIGHT (in.) |
|------------|--------------|--------------|
| 8 in. | 40 – 60 lbs | 3'4" – 3'8" |
| 9 in. | 50 – 70 lbs | 3'8" – 4'0" |

| JUNIOR SIZE | WEIGHT (in.) | HEIGHT (in.) |
|-------------|--------------|--------------|
| 10 in. | 60 – 90 lbs | 4'0" – 4'4" |
| 11 in. | 70 – 100 lbs | 4'4" – 4'8" |
| 12 in. | 80 – 110 lbs | 4'8" – 5'0" |

HELMET

With a proper fit, the helmet should not move when nodding your head 'yes' (up and down motion). Each helmet is slightly adjustable.



| YOUTH SIZE | HAT SIZE | CIRCUMF (in.) |
|------------|-----------------|-----------------|
| X-SMALL | 6" – 6 5/8" | 19" – 21" |
| SMALL | 6 3/8" – 7" | 20" – 22" |
| MEDIUM | 6 7/8" – 7 3/8" | 21.25" – 23.25" |
| LARGE | 7 1/4" – 7 3/4" | 22.75" – 24.5" |

PLEASE NOTE

IN ADDITION to the equipment participants receive, we recommended that players purchase a **MOUTH GUARD** and an **ATHLETIC SUPPORTER**. These items can be purchased at **DICK'S Sporting Goods**.