



## Sharks High School Hockey League Equipment Information

### EQUIPMENT

Ice Hockey is a contact sport, thus requiring proper equipment to keep everybody safe. All players need to have the following HECC approved equipment before they take the ice:

- Hockey helmet with full cage
- Shoulder pads
- Elbow pads
- Ice hockey pants
- Athletic supporter with cup for males and pelvic protector for females
- Shin pads
- Ice hockey skates
- Ice hockey gloves
- Hockey stick
- Mouth guard (required for Bantams and older, but recommended for all age divisions)

Our Pro Shop carries all of the above items. The staff can help fit your player with proper equipment to make sure they are ready to go. In addition to the above equipment, a light-weight jersey and ice hockey socks should be purchased to wear for practices.

If you have any further questions, please contact the Hockey Department at [hockey@sharksice.com](mailto:hockey@sharksice.com)

**Sharks Ice at San Jose**

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