



# WESCO

SPORTS CENTER



 **Twin Rinks**  
Stamford

MAIN LOCATION  
270 Federal Rd. Brookfield, CT  
203.775.2227

SATELLITE LOCATION AT TWIN RINKS  
1063 Hope St. Stamford, CT  
203.504.8454

[WESCOSPORTS.COM](http://WESCOSPORTS.COM)

# EQUIPMENT GUIDE

# GEAR ZONE

Wesco strives to provide superior service and a broad selection of hockey and skating equipment at competitive prices. We stock products from all of the major manufactures and guarantee that we will meet any Connecticut retail store's advertised prices (excluding mail order and clearance items).

# TEAM & LEAGUE APPAREL

Wesco stocks a selection of gear bags, T-shirts, hats, and other clothing for most of the local teams. Team and group discounts are available for large orders.

# CUSTOM APPAREL

Wesco offers a wide variety of styles and colors of shirts, jackets, hats, sweatshirts, wind pants, etc. from a number of different manufacturers.

All items come in a full range of sizes and can be personalized with your name, team colors, team logo, or championship information using heat transfer, silk screening, stitched letters, or embroidery.

We will assist you in designing custom items, and provide quick turnaround time.

# SPECIAL ORDER

Wesco can order any item from our manufacturers that we do not currently have in stock, and have it delivered within just a few days. Browse our catalogues for selections.

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# SAFETY FIRST

Hockey equipment has been carefully designed to protect players from injury and to make the sport as safe as possible. Players, Coaches, and Parents should continually monitor the condition and fit of all equipment in order to insure the maximum protection is being provided. All equipment should be cleaned & sanitized every 4-6 months.

## EQUIPMENT GUIDE

Players should put on their equipment in the order shown below to insure proper fit.

**CUP/SUPPORTER:** Provides protection, and must be sized for comfort while skating.

**TEE SHIRT:** Protects the skin from friction of shoulder pads & pants while absorbing sweat.

**SKATE SOCKS:** Tight fitting thin compression socks, higher than the skate boot and wrinkle free, absorb sweat and provide better skate control.

**SHIN GUARDS:** Protects the lower leg and knee from sticks, pucks, and falls. The knee cap should fit into the center of the upper cup, while the lower portion should extend just below the tongue of the skate. The sides should meet along the back of the leg. The shin guards are held in place by tape just below the knee pad and just above the ankle.

**HOCKEY SOCKS:** Worn over the shin guards, they are part of the team uniform.

**HOCKEY PANTS/GIRDLE & SHELL:** Designed to protect the hips, tail bone, thighs, kidneys, and lower back. The fit should be loose and comfortable enough to skate in, and overlap the top of the shin guards.

**SKATES:** Most skates run 1 to 2 sizes smaller than shoes when worn with thin skate socks. The player's toes should just touch the front of the skate, yet the heel should not lift up.

The way skates are laced up is very important: they need to be comfortable yet tight enough for the player to maintain good control. Skates that are laced too tightly will cut off the circulation, resulting in pain. The way in which a skate is laced up depends upon a player's size and ability. A coach or a skate professional can assist in determining the best methodology.

The skate blades should be sharpened after every 3 - 4 hours of skating time unless used outdoors or become noticeably nicked. A sharpening professional will be able to determine the proper sharpening required, which depends upon the player's size, position, skill level, and ice conditions. The right type and quality of skate sharpening can have a significant impact on a player's performance.

Soakers should be kept on the skate blades at all times in order to protect them from damage and to prevent the blades from rusting. Skates should be removed from the equipment bag after use and put in a warm, dry area, such as a furnace room, in order to dry out.

New skates are often very stiff and may initially hurt a player's feet. The break in period can be considerably shortened by using a heat molding process available in fine skate shops. New skates should not be worn in a game until they are broken in.

**SHOULDER PADS:** Protects the collar bone, chest, ribs, back, and upper arms. The shoulder cups should fit the contour of the shoulder, yet be loose enough to allow free arm motion. The neck should completely cover the collar bone.

**ELBOW PADS:** Provides protection for the elbows and forearms. The player's elbow should fit into the center of the elbow pad cup and the lower portion should extend as far as possible. Elbow pads should be worn loosely to allow complete flexibility of the arms.

**HOCKEY JERSEY:** The team jersey (called a sweater in Canada) should fit loosely and comfortably over the shoulder pads.

**NECK GUARD:** The guard should be wide enough to cover most of the neck and be comfortable to wear.

**HELMET & FACE GUARD:** The most critical piece of equipment, designed to protect the head and face and help prevent concussions. The helmet should be snug with the chin strap tightened.

**HOCKEY GLOVES:** Provides protection for the hands and wrists. They must be flexible enough for a player to pick up a stick, and should fit so that the tip of the fingers touch the end of the glove.

**HOCKEY STICK:** Generally, a younger player needs a lighter, more flexible stick for better control and power. The degree and shape of the curve depends upon a player's position and skill level.

The proper length is the height from the floor to a player's chin when wearing skates. The blade should be taped for durability and control, and the end of the handle taped and a knob put on to prevent the stick from slipping.



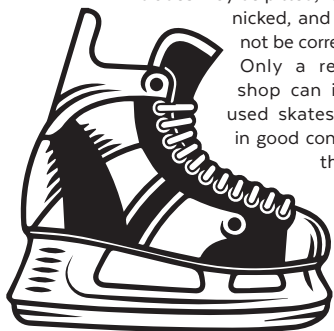
# SKATE BUYER'S GUIDE

## NEW OR USED SKATES

New skates, whether hockey or figure, can cost \$500 or more. A new skater may or may not stick with the sport, making such a large investment questionable. An experienced young skater going through a growth spurt may need a larger size skate every 4-5 months, making the annual cost for new skates prohibitively expensive. An option is to purchase used skates.

Purchasing used skates, while less expensive, has some potential drawbacks. The selection is usually limited, with more available at the beginning of the season. Ankle support is sometimes broken down on skates that have been worn a lot. The blades may be pitted, rusted or severely

nicked, and the profile may not be correct for the buyer. Only a reputable skate shop can insure that the used skates they carry are in good condition and offer the performance required at a favorable price.



## A PRO SHOP, THE INTERNET, OR MASS MERCHANTS

Skates can be purchased at a variety of types of locations. Only a Pro Shop, however, offers employees trained in skate selection, boot fit, and blade profiling, which are critical to the development of a young skater. Additionally, only Pro Shops offer the sharpening and repair service needed to keep skates in top condition.

Surprisingly, many Pro Shops offer pricing that is very competitive to the mass merchants and the internet stores.

## SKATE BRAND AND FIT

The proper skate fit is critical to the performance and enjoyment of the sport. Every brand of skate has a different fit profile, and only a professional knows the one that is right for each individual. The brand should be selected first.

Skates run one to two sizes smaller than shoes, and all fittings should be done wearing a thin cotton socks. Everyone's two feet are slightly different in size: the fitting should focus on the larger foot. The skate must be comfortable immediately when walking around the Pro Shop.

# ICE SKATE SHARPENING & REPAIR

The way in which skates are sharpened can have a significant impact of the user's performance. Properly sharpened blades minimize the energy needed to accelerate, sustain top speed, and to turn and stop quickly. Dull blades cause fatigue and hinder the skater's control and stability.

***Always use an experienced professional skate sharpener.***

## THE CORRECT SKATE BLADE FIT

The blade of a skate must be shaped to fit the size and ability of the skater, the type of skating, and the hardness of ice.

### THE RADIUS

The blade of a skate is not flat, but rather has a concave groove or hollow down the center so that two sharp outer edges are formed. The depth of the hollow can be varied by changing the radius

of the sharpening wheel: the larger the radius, the shallower the hollow. The size of the radius affects the ability of the skate to cut into the ice, with a smaller radius cutting more sharply into the ice. The Radius range from  $\frac{1}{4}$ " to  $\frac{3}{4}$ ", though hockey goalies may want a very flat blade. The smaller radius allows the skater to make sharper turns, but makes stopping more difficult.

Generally, the lighter skater needs a smaller the radius, the better the skater the smaller the radius, and hockey forwards, who often take sharp turns, want a smaller radius than a defenseman.

## **BLADE PROFILE: CONTOURING & ROCKERING**

The bottom of a skate blade, as seen from the side, is flat in the middle and curved at both ends. This “contour” determines how much of the blade touches the ice and is defined by the radius, in feet, of the curved parts of blade. The smaller the radius, ie. 6'; the less blade is on the ice, which makes turning easier. However, speed and stability are lost.

The other part of a blades profile is the rocker, which is the lowest point on the blade. If the rocker is behind the center of the blade, the skater is forced to lean forward more, a position favored by hockey forwards. Most skates use a neutral rocker.

An experienced coach or skate sharpener can determine the best blade profile for a skater.

### **ONLY A PROFESSIONAL SHARPENER LIKE WESCO SHOULD PROFILE SKATES.**

## **SHARPENING**

Keeping the skate blades sharp is critical to the performance of hockey players or figure skaters.

### **FREQUENCY**

Hockey players need their skates sharpened after every 4- 6 hours on the ice. A varsity player needs it more often, while a young novice less frequently. Skates always need sharpening after being used outdoors. Serious players sharpen their skates before every game, depending upon the ice conditions. The harder the ice, the deeper the hollow is needed to cut into the ice. Higher quality skates need sharpening less often because the blades are made from a better grade of steel, which wears better.

Skates need sharpening when they feel like they are slipping sideways or are noticeably nicked.

### **SKATE SHARPENING STEPS**

Cross Grinding is the first step in sharpening skates, and is used when the blades are severely nicked, rusted, or uneven. A special coarse grinding wheel produces a flat surface from which to start.

Hollow Grinding is the next step. The radius is selected and the grinding wheel is “dressed” with a diamond tip tool so that the correct hollow is achieved. The goal is to sharpen the skates without removing too much metal.

Stoning is the next step in the sharpening process, which removes any burrs created by sharpening from the sides of the blades with a special stone.

An edge check is then performed to ensure that the two edges of the blade are perfectly even. This is done by placing a coin on the blade, which should be perpendicular to the edges along the entire length of the blade. Only when the skate edges are perfectly level is the skate taken off the sharpening machine.

### **ELITE SHARPENING**

The elite hockey player or figure skater often use very high-end blades that require special attention. Once the edges have been honed and perfectly aligned, a special jewelers' polishing compound is applied to the sharpening wheel and used to give the blade an extraordinary sharp, smooth finish. This improves the glide of the skate and results in a longer sharpening life.

Figure skates need their toe picks sharpened only occasionally, a delicate operation which should only be done by a competent professional.

### **NEW SKATES**

Most new skates need to be sharpened prior to their first use: the factory sharpening is usually not high quality and the hollow is not right for the skater.

## **SKATE CARE**

Skate blades should be wiped dry after every use. They then should be covered with a “soaker” style cloth skate guard, which absorbs moisture and protects against nicks. Skates should always be kept out of the equipment bag when not in use to keep away moisture and to allow the inside of the boot to dry.

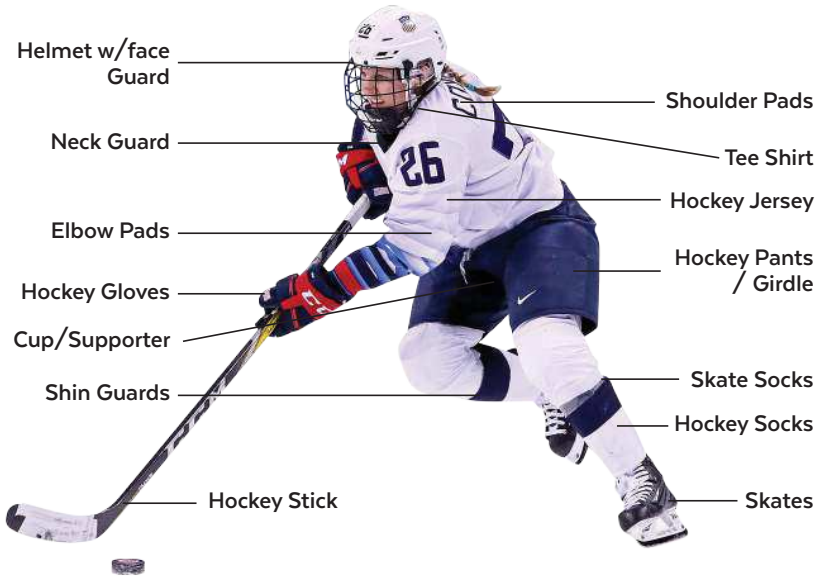
## **SKATE REPAIR**

We offer professional skate repair and reconditioning services. Missing or rusted eyelets, coppers, or rivets can be replaced quickly. We carry replacement steel runners and holders for all brands of skates, including all sizes of Tuuks. Goalie skate replacement cowlings and other accessories are in stock.

## **SKATE CHECKUP**

Bring your skates in for a free check-up, including condition, fit, and specification assessment. You can only perform to the maximum with the correct skates.

# HOCKEY EQUIPMENT EVALUATION



Item	Fit		Condition	
	Yes	No	Poor	Ok
Cup/Supporter				
Shin Guards				
Hockey Socks				
Pants/Girdle				
Skates				
Skate Socks				
Shoulder Pads				
Elbow Pads				
Neck Guard				
Helmet				
Face Mask				
Gloves				
Sticks				

Evaluator \_\_\_\_\_ Client Initials \_\_\_\_\_

Indemnification: By my initials above, I knowingly assume all risk of injury, disability or death that may result from equipment purchased and used as a result of this evaluation, and agree to release, indemnify, and hold harmless, without limitation, the evaluator, his employer, and its officers, agents, and landlord, and agree to defend them against any and all claims that arise from use of this evaluation.