



# TWISTERS HOCKEY

Twisters Hockey League is excited to have you participate in our Learn to Play Clinics! This information packet will outline the basics of practices and games, and answer some of the most frequently asked questions for parents new to hockey.

## **Practices**

Practices are typically once a week and held on a weekday evening. The scheduled practice time will depend on the coaching staff and parent schedules. We do our best to accommodate all involved when considering practice times.

## **Game Days**

Games are held on Sunday afternoons, typically from 2 pm to 6 pm. Game times will be finalized and announced before the season opener. As an outdoor rink, inclement weather can cause game delays or cancellations. Cancellations and delays will be communicated by coaches to parents and players via text, email, and social media.

## **2024 Game Schedule**

\*Be sure to check our website [twistershockey.com](http://twistershockey.com) for the most current schedule of events!

Week of April 2nd- Practices Begin

April 7- Opening Games

April 14- Game Day

April 21- Game Day

April 28 - Game Day

May 5 - Game Day

May 10- Friday night games

May 12- No games (Mother's Day)

May 19- Game Day

May 26- No games (Memorial Day Weekend)

June 2- Game Day

June 9 - Finals

## **Volunteer Opportunities**

We are a volunteer-run organization and are parents with children who also participate in the league. We appreciate any help other parents can provide and will have volunteer opportunities throughout the season.

## **Seasons**

That's right, we do offer a fall season as well! This season usually begins in September and ends in October and is offered at a lower cost. It is shorter in length and more laid back than our spring season while focusing on skill development and fun fun fun. It's a great way to keep up with what you've learned during our spring season.

## **Equipment**

### **Required Equipment**

Inline skates  
Hockey helmet with face cage  
Hockey gloves  
Elbow pads  
Shin guards  
Hockey stick  
Mouth Guard

### **Additional Accessories**

Hockey tape  
Sport protective cup  
Equipment bag  
Water bottle

## **Places To Buy**

Washington Park Ice Arena (Jefferson City)

Dick's Sporting Goods/ Academy Sports

Play It Again Sports (St. Louis)

Online retailers such as Inline Warehouse/ Hockeytron/ Hockeymonkey, etc.

Ebay

Amazon

Sideline Swap

Facebook Marketplace

\*\*\*We typically have hockey tape, mouth guards, and youth-size hockey sticks available for purchase at the concession stand

## **Equipment Sizing Tips**

Most hockey companies (Bauer, CCM, Hockeytron, etc.) offer useful sizing charts and measuring instructions. To obtain your sizing (in inches) for equipment, grab a measuring tape and measure as follows:

Elbow pads: extend your arm straight out so that it is parallel with the floor and then measure the distance between the mid-forearm and the middle part of the bicep.

Shin Pads: Sitting down with legs bent at a 90-degree angle, measure from the center of the kneecap to the top of the skate boot.

Gloves: Measure from the base of your palm to the tip of your middle finger. Take that number and double it.

Helmet: Measure the circumference of your head by wrapping a measuring tape around your head 1 to 2 inches above the eyebrow (about the middle of your forehead).

Skates: Hockey skates are sized differently than your normal shoe size. To find your size, take your dress shoe size and size down. For senior skates, size down 1.5 sizes. For junior and youth sizes, size down one. Some brands such as Tour and Bladerunner/Rollerblades offer adjustable skates which are great for your growing child. You want to avoid a lot of wiggle room in the skate to increase stability.

If you need any help with gear, please connect with us! We are here to help!