

CORE EQUIPMENT FITTING GUIDE



CREATING OPPORTUNITIES FOR RACIAL EQUALITY

CORE 

PRESENTED BY **BRIDGESTONE**

PLAYERS IN THE CORE PROGRAM RECEIVE A FULL SET OF HOCKEY EQUIPMENT TO KEEP. DURING REGISTRATION, ALL EQUIPMENT SIZES MUST BE SELECTED.

**FOR EQUIPMENT QUESTIONS, PLEASE CONTACT:
JENNIFER BONIECKI AT JBONIECKI@NASHVILLEPREDATORS.COM**



MEASUREMENT GUIDE



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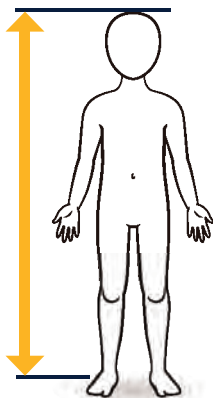
CORE

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PLEASE FOLLOW THIS GUIDE TO DETERMINE THE CORRECT MEASUREMENTS FOR YOUR CHILD.

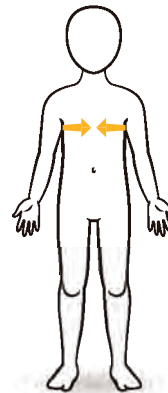
HEIGHT

MEASURE FROM THE TOP OF THE HEAD TO THE HEEL OF THE FOOT ON THE GROUND.



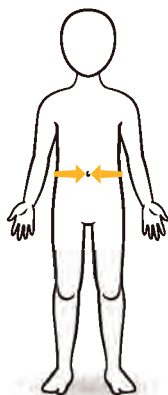
CHEST

WRAP A TAPE MEASURE AROUND THE CHEST, JUST BELOW THE ARMPITS, TO DETERMINE THE CIRCUMFERENCE OF THE CHEST.



WAIST

TO MEASURE THE WAIST, WRAP THE TAPE MEASURE JUST ABOVE THE HIPS.



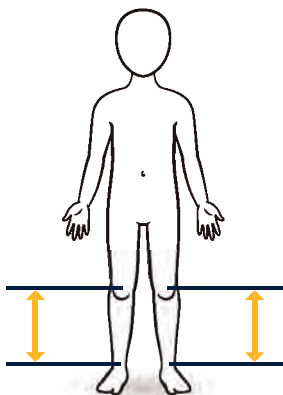
HEAD

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.



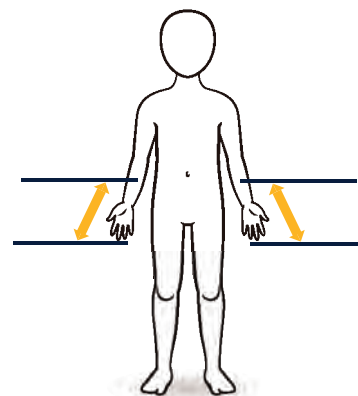
SHINS

MEASURE THE LENGTH FROM THE MIDDLE OF THE KNEE TO AN INCH ABOVE THE ANKLE BONE.



HANDS

MEASURE FROM THE LONGEST TIP OF THE FINGERS TO A THIRD OF THE WAY UP THE FOREARM.



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PLEASE USE THE MEASUREMENTS FROM THE PREVIOUS PAGE TO 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"

SKATES

START WITH YOUR CHILD'S SHOE SIZE AND SUBTRACT ONE 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	12.0
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

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	4'8" - 5'0"
LARGE	5'0" - 5'4"

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"	4'8" - 5'0"
LARGE	30" - 34"	5'0" - 5'4"



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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"

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"

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	CHEST (IN.)	HEIGHT (IN.)
SMALL/MEDIUM	19"	4'2" - 4'7"
LARGE/X-LARGE	22"	4'11" - 5'4"

GLOVES

START BY MATCHING THE SIZE WITH THE HAND MEASUREMENT. THEN, USE YOUR WEIGHT AND HEIGHT 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"

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"

STICK

ALL PARTICIPANTS RECEIVE A STRAIGHT BLADE STICK.



ADDITIONAL NOTES

IN ADDITION TO THE EQUIPMENT RECEIVED, PARTICIPANTS WILL RECEIVE A MOUTHGUARD FROM DELTA DENTAL.