

Proper Skating Attire and Equipment

**THE CITY OF BIRMINGHAM
RECOMMENDS THAT ALL BEGINNER
SKATERS WEAR A HOCKEY HELMET
WITH FULL CAGE
OR
ROUND BIKE HELMET**

**Where to purchase and or have
skates sharpened:
(figure and hockey skates)**

**B&R Sports inside Troy Sports Arena:
(248) 526-7941**

**Jones Custom Skate Shop inside Detroit Skating
Club:
(248) 335-8790**

**Skate Works, 1977 E. Wattles Rd., Troy, MI 48085:
(248) 680-9955**

- Skates should fit (don't leave growing room)
- Wear thin socks
- Skates should have great ankle support
- Skates must be sharpened
- No double blade skates allowed

***Skates should be sharpened at the
beginning of each new session.**

**Required Equipment for TOT Hockey
League (THL)**

- Skates
- Helmet with full cage
- Hockey stick
- Gloves (Hockey gloves NOT required)
- Neck protector



Helmets are optional but strongly recommended. Helmet with the cage is a beginners best option.



Jackets should allow for easy mobility. Layering is the best option. (undershirt, long sleeves shirt, and a fleece)



Make sure gloves or mittens fit properly and are waterproof.



Pants need to allow free movement and in the beginning levels offer some padding. Snow pants are a good option for starters, as the skater passes through the levels make the move to a lighter more plyable pant.



Make sure skates are tied securely and snug at the ankle. Have blades sharpened once a series.

Skate Rentals are available for \$3.00 per pair/per lesson.