

# GOALIES

## Fitting Equipment

By Karen Asmundson, *Simply Ordered, LLC*

Just as goalies are unique to a team, so is their equipment. Since goalies have to deal with direct shots, it's critical that their gear provides the protection and permits the flexibility they need. Along with this increased protection comes an increased cost.

Thankfully, many hockey associations provide goalie equipment (except helmet, protector, and skates) at no cost or charge a minimal deposit for youth players. If your goalie continues into high school or Junior Gold, he/she will need his/her own equipment.

### Helmet

Sizes: Junior, Senior  
Price Range: \$100-300

Goalie helmets must have wire cages and be CSA/HECC/CE approved. Like every other player on the ice, the goalie is required to wear a mouth guard too. Goalies can use the same type of mouth guard that players do.

### Throat Guard or Neck Guard

Sizes (Neck Guard): Reference goalie's neck measurement  
Junior (10-14"), Senior (14-18")  
Price Range: \$12-35

Goalies are required to wear either a throat guard or a neck guard. A throat guard is usually made of clear plastic and hangs from the helmet to provide protection for the neck area. The throat guard should cover the area between the bottom of the face mask and the chest protector. A neck guard is padded and is worn around the goalie's neck much like a player's neck guard is worn.

### Chest and Arm Pad (Chest Protector)

Sizes: Reference goalie's chest measurement and/or height  
Youth M (20-22"), L (22-24")  
Junior M (24-26"), L (24-28"), XL (28-30")  
Senior S (34-38"), M (38-42"), L (42-46"), XL (46"+)  
Price Range: \$200-500

A goalie chest protector functions as shoulder pads, elbow pads and chest protector all in one. The goalie should be able to move easily while wearing a chest protector and it should provide good coverage for the chest, arms, shoulders, and ribcage. Most brands have adjustable straps so that it can be fitted for each goalie.

### Glove and Blocker

Sizes: Junior, Intermediate, Senior  
Price Range: \$150-250 each

The size of a goalie's hand determines the size of a goalie's gloves and blocker. They should fit just like any other glove—not too tight or too loose.

### Protector

Sizes: Reference waist measurement (inches)  
Junior: L (22-24")  
Senior: S (26-30"), M (30-34"), L (34-38"), XL (38-42")  
Price Range: \$10-45

Goalies should use a protector (pelvic protector or cup/jock) which is specifically designed for goalies. Often, protectors include Velcro straps that fasten to the goalie's hockey socks so a separate garter or sock tape is not necessary.

### Breezers/pants

Sizes: Reference goalie's waist measurement  
Youth: S/M (20-24"), L/XL (24-28")  
Junior: S (20-22"), M (26-28"), L (28-30")  
Senior: S (30-32"), M (32-34"), L (34-36"), XL (36-40")  
Price Range: \$100-200

Goalie breezers have more inner and outer thigh padding than player breezers and are a bit roomier than player breezers to allow for lateral movement. Goalie breezers need to cover the area between the chest protector and the leg pads (just above the knee cap). As the old song says, "The hip bone is connected to the leg bone, the leg bone is connected to the ankle bone, the ankle bone is connected to the foot bone, etc.", a goalie's equipment needs to provide continuous coverage from one body region to the next.

### Leg Pads

Sizes: Junior (25-29"), Intermediate (30-31"), Senior (32-38") depending on brand  
Price Range: \$400-1200

Generally, the goalie's kneecap should fit into the middle portion of the knee cup of the leg pad and the bottom of the pad should rest comfortably on top of the goalie's skate. When trying on leg pads, the goalie should flop down on his/her knees and make other motions to simulate movement on the ice.

Make sure that adequate protection for the inner and outer shin is provided. Leg pad straps are adjustable to optimize the fit for each goalie. Additionally, leg pads have a toe clip where the pad is connected to the tip of the goalie's skate.

### Skates

Sizes: Junior (1-5), Senior (6-12)  
Price Range: \$100-300

Goalie skates are lower to the ground (ice), have more protection for the inner foot and ankle, have extra toe protection, and a shorter boot than player skates have. Select goalie skates that are one to two sizes smaller than the goalie's shoe size, depending on brand. Goalie skates are not sharpened the same way as player skates are and probably don't need to be sharpened as often either. Every four weeks is the average time between sharpening.

### Goalie Stick

Sizes: 20-27" (paddle length)  
Price Range: \$40-200

The length of the goalie's stick is dictated by the ready position stance of the goalie. The paddle length (the heel of the stick to the handle) should not be so long or short that it affects the goalie's stance. The goalie should suit up in skates, leg pads, and chest protector, get in ready position, and then try different paddle lengths to see what length works the best for him/her.

### Acknowledgments

Thanks to the following people/companies for their technical contributions to this article: Dr. Steven Henseler, Coach Garnet Asmundson, Goalie Keegan Asmundson, [www.hockeygiant.com](http://www.hockeygiant.com), [www.greatskate.com](http://www.greatskate.com), Hockey Grandma Myrna Lyng.

### About the author:

Karen Asmundson is a hockey mom and professional organizer. One of her sons is a Squirt, another is a varsity goalie, and her husband coaches at the college level. Her objectives during the hockey season are to support her family and have fun, but above all, to maintain her sanity. She has a passion for organizing and for helping families get organized by creating practical solutions for everyday living. She is the owner of *Simply Ordered, LLC*, a member of the National Association of Professional Organizers (NAPO) and the Minnesota Chapter of NAPO (NAPO-MN).

Contact Karen at [info@simplyordered.com](mailto:info@simplyordered.com) or visit her website for more information about her services and