



2023-2024 Season Uniform and Apparel Guide for Competitive/Rep/DS Teams

Dear Players, Goalies, Trainers, Managers, Bench Staff, and Coaches,

As we embark on the 2023-2024 season, we're excited to have you as part of the Flames community. This guide is intended to ensure a unified and professional appearance, in alignment with our Uniform and Equipment Policy, throughout the season.

Practice Attire

Players:

- Wear a Flames t-shirt or long-sleeve shirt.
- Choose white, black, or red shirts without logos under the Flames jacket.
- Flames track/wind pants or shorts, or plain black bottoms.
- Top layer options include a Flames jacket, hoodie, or tracksuit.
- If wearing a hat, it must be a Flames hat or toque.
- No red base layer is required under the jacket this season.

Coaches/Trainers/Bench Staff:

- Flames or plain black track/wind pants (no joggers).
- Choose a Flames jacket or hoodie (tracksuit) for the top layer.

Game Attire

Players:

- Wear a Flames t-shirt or Flames long-sleeve shirt.
- Flames track/wind pants (not joggers).
- Choose a Flames jacket or hoodie (tracksuit) for outerwear.
- If wearing a hat, it must be a Flames hat or toque.

U13+ Teams Option:

As a team, you have the choice to apply this dress code:

- Dress jacket (or Flames jacket).
- Dress bottoms (no leggings/tights).
- Dress shirt.
- Black/brown/dark dress boot/shoe (no runners).
- Hat options: Flames hat or toque, or plain dressy-style (no large logos).

Coach/Bench Staff (On-Ice):

- Dress jacket (or Flames jacket).
- Dress pants.
- Collared shirt (tie optional).
- Hat options: Flames hat or toque, or plain hat without large logo.

OR

- Structured black pants (not track pants, jeans, joggers).
- Collared or dress shirt.
- Hat options: Flames hat or toque, plain hat without large logo.

Trainers:

- Flames tracksuit or winter jacket with black bottoms.
- Appropriate footwear for ice (closed-toe, rubber bottom).
- If wearing a hat, it must be a Flames hat or toque.

Manager:

- Wear Flames apparel for easy identification.

During Games**Players/Goalies:**

- Flames home/away jersey.
- Flames pant shell for players; goalies wear black pants/shell.
- Flames home/away socks.
- Predominantly black gloves.
- Black helmet with number and Flames sticker.

Coach/Bench Staff:

- Dress jacket (or Flames jacket).
- Dress pants.
- Collared shirt (tie optional).
- If wearing a hat, it must be a Flames hat or toque.

OR

- Structured black pants (not track pants, jeans, joggers).
- Collared shirt (golf or dress).
- Hat options: Flames hat or toque, or plain dressy-style hat.

Trainers:

- Flames tracksuit or winter jacket with black bottoms.
- Proper footwear for ice (closed-toe, rubber bottom).
- If wearing a hat, it must be a Flames hat or toque.

Please note that previous apparel is accepted only for the 2022-2023 season. Let's exemplify Flames pride on and off the ice this season. Go Flames!