

MAT-MAS FINS

BY SOPHIA THAYER.

MAT MAS ARE THE NEW FIBERGLASS & CARBON FIBER FINS ON THE MARKET. THEY HAVE DURABLE BLADES AND ARE COMPETITIVELY PRICED. A GOOD UNDERWATER HOCKEY FIN FOR A COMPETITIVE PLAYER. IF YOU'RE THINKING OF BUYING THESE FINS FOR THE FIRST TIME OR WANTING SOME USE/CARE TIPS THEN YOU WILL FIND THIS GUIDE OF SOME HELP.

What kind of feet do you have?

FLAT FEET.

MAT MAS ARE GREAT FOR YOU. THE SIZES ARE AS YOUR SHOE SIZE AND THE FINS WILL BE COMFORTABLE.



HIGH ARCHES?

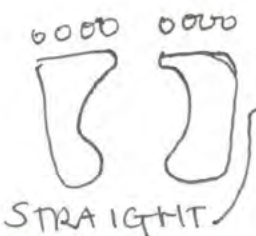


MAT MAS HAVE NO LEFT AND RIGHT AND ARE VERY TIGHT AROUND THE ARCH (CIRCUMFERENCE "A"). IF YOU HAVE HIGH ARCHES YOU ARE LIKELY TO NEED TO GO UP A SIZE TO AVOID FOOT PAIN. ALSO MAKE SURE YOU MARK YOUR FINS LEFT & RIGHT AND KEEP THEM FOR LEFT & RIGHT SO THEY WEAR IN CORRECTLY.

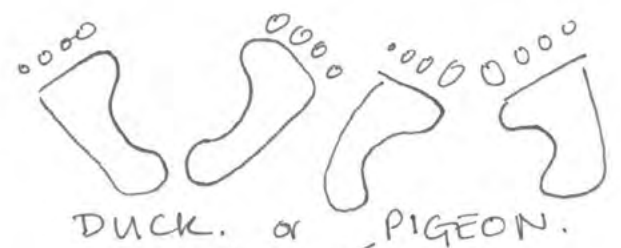
CARE TIP: TAKE YOUR FINS OUT OF YOUR BAG AFTER HOCKEY, LET THEM DRY. OVER A LONG TIME FIBERGLASS CAN SLOWLY WICK WATER UP AND THIS MAKES THEM LESS 'SPRINGY'!

KICKING TIP: IF YOUR FINS RUB TOGETHER TRY TO KICK WITH YOUR LEGS A BIT FURTHER APART & STRENGTHEN YOUR ANKLES.

How do you walk?



MAT MAS ARE GREAT, JUST TRY TO KEEP THE BLADES HORIZONTAL IN THE WATER TO GET THE MOST OUT OF YOUR KICK.



DUCK. or PIGEON.
YOU MUST BE CAREFUL WHEN YOUR FINNING TO NOT LET THE RAILS RUB AGAINST EACH OTHER, THEY CAN BE REATTACHED BUT YOU ARE NOT GETTING THE MOST OUT OF YOUR KICK.

TOP OF YOUR TOES RUBBING? IF THERE IS SPACE FOR BOOIES OR SOCKS THEN USE THEM. YOU CAN EVEN MAKE YOURSELF LITTLE TOE CAPS OR TAPE YOUR TOES INDIVIDUALLY. ALSO YOU CAN USE LUBRICANT: VASALINE WILL STAY ON IN THE WATER BUT IS BAD FOR THE RUBBER ON YOUR FINS, SILICONE SPRAY PRESERVES THE RUBBER. LUBES THAT DISSOLVE INCLUDE: SHAMPOO & KY JELLY.

RAIL REPAIR/REPLACEMENT: DRY THE BLADE & BLADE FULLY AND USE SUPERGLUE TO PUT THEM BACK TOGETHER.

STRAPBACK FINS WILL USE DIFFERENT MUSCLES IN YOUR FEET. DON'T WORRY, THEY WILL GET STRONGER, HARDEN UP YOU PUSSY!

Which Mat-Mas to get?

