

GLICE – SYNTHETIC ICE TILES

- An alternative to ice for hockey since 1960 that was developed for additional training purposes, mostly in the southern USA or for off season out door months.
- Substituting regular weekly practice ice times for Glice practice times is not done by any Ontario hockey team.
- It is not recommended for fast skaters or larger players. This is due to the added resistance compared to natural ice. Pucks do not glide at the same speed or as fast. It mimics ice but is not real ice.
- Skate blades will dull faster and need more sharpening and replacements. Figure skating toe picks do not work as they cannot dig into the ice but instead slams down. More expensive specialized skate blades are needed.
- From a rental stand point, it costs \$70/hr to rent the NH Arena concrete floor. This can be used for floor hockey or roller hockey. Both are similar alternatives, like Glice to ice hockey for additional community use outside the regular weekly game and practice a typical ice hockey player does.
- Glide enhancer spray solutions (\$250) covers a rink surface and should be re-applied often (4-8 times/day).
- Glice tiles can cost \$21/sq foot. A 200x85 foot ice surface would cost almost \$400,000 to tile with Glice.
- Glice in comparison is like playing soccer on a hard floor instead of grass. Or basketball on grass. Both can be done but are not substitutes for regular practices or games.
- At this point Wilmot residents don't have a need for Glice usage. Residents want to sign their child up to play on a hockey team that competes at the same level as every other hockey team across Ontario with an ice practice each week and a game each week from September to March.
- Competitive players want an additional practice weekly the same as all other teams they compete against. They can utilize real ice for additional training from April to August each year with the abundance of available ice.
- Most Wilmot residents have their alternative to Glice – they build their own back yard rink or utilize local frozen ponds. These winter surfaces provide a far superior experience to that of Glice.
- <https://www.hockeyskillstraining.com/synthetic-vs-real-ice-hockey-training/>

Conclusion

Hockey was clearly designed to be played on real ice, and it doesn't seem that synthetic ice will be replacing natural ice at any point in the near future. It simply doesn't provide the response, speed, or feeling that one can get from a real ice rink. However, for [practice](#) and training it has some positive advantages.

Novice players may benefit from the slower movement of synthetic ice as they become more familiar with their center of balance and shooting abilities, while experienced players can use the extra resistance to help build more muscle and speed.

Players in warm weather regions can use synthetic ice year-round without having to pay large amounts or travel long distances just to work on their hockey skills.

So, while real ice will always be king, when it comes to training, there is certainly a time and a place for a quality synthetic ice!