**CMLAX Guidance and Advice for Girls Lacrosse Equipment**

**Sticks, Goggles, Mouthpieces and Cleats: Gearing up for Success!!!**

**Where to shop?:**

* Dicks, and PlayitAgain Sports all carry a good selection of what you need in the Frederick Area. If you sign up for the reward cards at Dicks you can get a discount off your purchase; but fair warning, they email you more than a CMRC Commissioner during open registration!
* Used sticks are a good option as they already have a pocket broke in - Carefully check the condition of the strings.
* Consider stating with basic equipment and then upgrade a piece at a time as birthday or holiday gifts for their second season after you know they are going to continue to play.
* Shop online? Click on Amazon though the CMRC homepage and a portion of your purchase will go to fund our new park!

**STICKS**:

* If this is the first time buying a stick, *be sure to purchase a girls stick*; the boys have a deeper and often a mesh pocket. No Mini Sticks or Fiddle Sticks – Not even at U7.
* Girls Sticks:   *STX Crux 100* is a good low cost starter stick for the U7 & U8 Player. Often they come with a stick, bag, & goggle combination.
* Our favorite stick right now for U10-U15 is the *Debeer NV3* with a 6000 series "Grippy" shaft.   It's a few dollars more, so sometimes "Santa" brings a new stick. The tilt on the head makes scooping easier for the taller players, and the contour of the head lays out a nice pocket shape.
* The *STX Crux 300* is the next step up Stick in the series and also comes with a starter set.
* For new players a used sticks can be a cost effective option as they already have a pocket broke in, just check the condition of the strings. Play-it-Again can restring stick heads.
* Any new Debeer model with Gripper Pro pocket or Pro-Trakker Pocket. Debeer was top supplier, but is out of business. Next is STX, Crux model with Runway Pocket ONLY. The new Launch Pocket is not preferred and has performance issues in inclement weather.
* 2018 Update DeBeers Sticks are no longer made – but you can still find them online! Try [www.sportsstop.com](http://www.sportsstop.com)
* For our young, small players 5’ 3” or under, consider cutting your handle down 2-3 inches, and then cap it by running athletic tape (one layer) around the end and cap it with a stick cap. This is highly recommended for better control and dodging. Once you are over 5’ 4”, you can go with off the shelf length.
* Stick length, minimum 35.5”, max 43.25”. This length includes the head.
* The excess pocket stings can be trimmed, but not too short and should NOT be taped to the handle, tie them off in double knots once you adjust your pocket depth. You will need to periodically adjust the strings to maintain a legal pocket depth.
* Use athletic tape to secure the stopper onto the bottom of the shaft.
* Put your name on the stick.
* U12 & U15 Players - If your pocket is over 3 seasons old, it may be time for a new pocket, they lose their resilience and feel over time and you have to have that for proper performance.
* Advanced players should always have a new pocket each season and a back up stick broken in ready to go.
* Mesh Pockets are now approved in Girls Sticks. Several Online Vendors offer restringing options.
* The STX 600 Crux Stick with a Mesh Pocket is the top stick on the market. It must have a “10deg” shaft with it. It is a lot more than you need to spend for a youth player.

**MOUTHPEICES**:

* Get it form-fitted, don’t just wear it off the shelf. Molded mouthpieces will provide better protection and allow us to talk to each other and understand each other, not worry about it getting in the way of talking, breathing and comfort.
* Mouthpieces protect teeth and help prevent concussions. You cannot play without one.
* Get one without the strap or it will need to be cut off. Goalies who own their own helmet is the only exception.
* Some players choose to have one fitted by your dentist. Our smallest players may need to trim them, but by U10 most players can find one that fits.
* If you have braces, ask your dentist if they have any. Some will carry them in the office for you.
* Be sure to get the one without the tab or handle, otherwise you will need to cut it off.
* It you find your player chewing them up, get a new one, and avoid the gel type.
* Every player should have no less than 2 on them at all times. They get lost, fall in the mud or even dropped in a port-a-potty and you will be glad you have a backup mouthpiece.
* ***Again … You cannot play without one.***

**GOGGLES**:

* Several manufacturers have really done a great job with the evolution of the eye protection, STX is a great brand, but many others have the same thing. STX 4sight is a great starter set.
* Comfort and clear sight lines are a must. The type with a rubber pad around the eyes hold up better than the foam.
* The Cascade brands fits better if you need them over glasses as they have a slightly wider cage and does not touch the cage to the glasses.  They do fog up occasionally.
* The US Lacrosse Standard is the official standard for goggles.  If a brand is on the US Lacrosse website list, it is approved.

**GLASSES w/ GOGGLES:**

* Several of our players who need glasses wear “Rec Specs” under their goggles. You order them where you buy regular glasses or Sam’s Club has them and you do not need to be a member to use the visionwear department.
* Yes, they fog up in certain weather conditions.

**JEWLERY:**

* No jewelry is to be worn neither at practice nor in games. None. Not even string bracelets.
* Tape over newly pierced earring *is not* approved. No Jewelry, League wide rule.
* Medic Alert Bracelets are acceptable.

**CLEATS**:

* Footwear is critical; we live in these things, so spend your money on high quality footwear.
* If you are still wearing cleats over 3 years old with hardly any grip or cleats are eroded, time to get new ones. These kids are growing fast so check their feet often as some players change sizes during the season.
* Soccer cleats work at the younger ages, but many U11 and up girls complain about heal-pain with the hard sole.   Brands like the Nike Shark cleats have softer soles, more cleats for lateral movement and more ankle support.
* “If the Shoe Fits”, a shoe store on the Golden Mile Rte 40, does not sell cleats, but they do sell arch inserts they can fit to your cleats if your player has foot pain. Most cleats have poor arch support in children’s sizes. They also sell good quality running shoes in kids sizes for your cross training.
* NO CLEATS AT FISC for Indoor workouts or games.

**GOALIES**:

* For U9 & U11 - We rotate several players as goalie, so we don’t advise buying goalie gear without discussing it first with your coach.
* At U13 &15 – A few girls begin to specialize in the goalie position and may wish to invest in personal goalie gear. These girls sweat more and like sharing pads and helmets less as a result.
* Owning your own gear will also give you the chance to practice at home.
* A helmet with a built in throat guard already attached is a better option. Cascade is the best version.
* Fitted padded pants that fit like a glove and your game shorts/kilt go OVER them.
* Shin guards, foam like light weight soccer guards that are the smallest you can fit so you can run naturally with them on. NO BASEBALL SHIN GUARDS
* Chest protector, fits your body, and does not inhibit your arms and hands so you can maneuver and pass well.
* Gloves, your choice but no ice hockey gloves, as they have no flexibility in the fingers, you need that in lacrosse.
* CMLAX will provide a Pinnie to wear over goalie gear, so order your jersey sized to fit you as a field player. All CMLAX goalies should also spend time as a field player.

**UNIFORMS:**

* The New Uniform Jersey is reversible with the CMRC Black and Gold colors of the Carroll Family Crest on them. (These are not the Steelers colors…)
* The New Uniform also includes a Black traditional Girls Lacrosse Kilt. Black compression shorts are recommended.
* We issue team socks. They should be worn for all games and must be worn for the team photo.
* Black is the best color to wear under the uniform during cold weather. White or Gold is also acceptable.
* No other colors or straps should be visible under the uniform. If the girls will be taking layers on or off as weather chances, consider wearing a black or white “Cami” or sports bra under the uniform. Jerseys are reversible, so be prepared to reverse them on the field.

**Girls Headgear for Field Players:**

* US Lacrosse has a new approved Standard and any optional headgear must meet the new standard. http://www.uslacrosse.org/safety/equipment/womens-lacrosse-headgear-faq
* Contact the CMLAX Girls Lacrosse Commissioner for guidance before purchasing a “Girls Helmet”. We have team pricing in 2017 for the Cascade LX headgear with integrated goggles. We think the Black & Grey will look best with the CMLAX Uniform.
* Coach Doug has one if you want to see it before you buy it.

**Gloves:**

* Close-fitting gloves may be worn by all field players.  They sell girls lacrosse gloves that look like thin golf gloves or sailing gloves.
* Gloves are a must at the first couple of practices when the weather is below 60 deg F. Metal poles get chilly! Knit gloves work fine too.

**Water Bottle:**

* Bring a Water Bottle or sports drink to *every* practice and game.
* Put your name on it: Someone else on the team has a deer park bottle that looks just like yours.
* Take it with you afterwards. Our sidelines should not look like recycling collection points.

**Lacrosse Bags:**

* Have a bag to keep everything in one place. Not having to scramble around the house looking for gear will help you get to practice on time. There is nothing worse than driving an hour to a game and finding out she forgot her goggles or mouthpiece.
* Some girls like the stick bags that come with a starter kit, but they have limited storage beyond the stick, mouthpiece, goggles and a ball.
* Some girls opt for a dedicated backpack that can also hold a lacrosse ball, a water bottle, sweatshirt, warm-up pants, cleats, uniform, snacks, iphone and other “essentials”.
* A simple cinch sack is also a fine option.
* Keep a few band-aids in a ziplock baggie in your bag as sooner or later, you will need one. Put a card with emergency contact info in your band-aid bag incase mom or dad forgets to pick their player up or if practice ends early.

***Put your players name on everything –***

***Your coach has enough gear already in their lost & found collection!***

**Let your Coach know if you have any questions.**