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| **Welcome to Westwood**  **Women’s Lacrosse!**  C:\Users\Mary Anne\Documents\LAX\WW logo.tifWe are glad you have joined the team! If you are new to Lacrosse, getting all your equipment can be a little intimidating. We hope this document will help get you started. Below are the items you will need for the season.  **Running shoes:** The team does a lot of running at practice so they need to have a decent pair of running shoes. – Please no casual tennis shoes, but real running shoes that fit well! You might want to consider taking your daughter to a running store and see what size they put her in. It might surprise you. Many times running shoes are two sizes bigger than my street shoes. Getting the size right is important and the right size running shoe is almost always bigger than you think.  **Cleats:** As with the runners, it's important that the cleats fit well and don't cause the girls to develop unnecessary blisters. Some girls may need arch supports/inserts, as most cleats generally provide very little support in that regard. Soccer cleats are the most common type for lacrosse players, although there are more & more marketed directly to the lacrosse community. 'Spikes' cannot be metal and should molded as opposed to screw-in type.  **Turf shoes:** Look like cleats except that they have a lot of little cleats/ nubs on the bottom (like 20 or more) whereas cleats will only have about 10 to 14 larger cleats on the bottom.  Turf shoes tend to be easier on the girls ankles.  Players are required to have both running shoes and either cleats or turf shoes. Cleats and Turf shoes provide better traction for scrimmages during practices and games and help the players avoid injury. You can choose either Cleats or Turf shoes, whichever works best for you.  **Athletic Socks:** Properly padded socks that offer some compression and support help avoid blisters. Try them on with your running shoes and Cleats or Turf shoes to confirm proper fit.  **Sticks:** (head and handle combo are a “stick” or “cross”) Yes, boy’s sticks are different from girls. Make sure to purchase a girl’s stick that meets current High School rules. Online that will be quite obvious what you are buying because you will go to the girl’s lacrosse section. At a store, ask someone. If they don’t know or aren’t sure, ask someone else. Boy’s heads have a deep pocket to hold the ball. Girl’s heads have very little pocket. You can spend a lot if you want and at the high end you probably want to look at Harrow equipment and composite handles. But if you are just starting out, you can just find a stick that will get you to the point where you can start appreciating a better stick in your SECOND or THIRD year. The best prices online for sticks at the low to medium end of the price spectrum are: [www.longstreth.com](http://www.longstreth.com) or [www.lacrossemonkey.com/](http://www.lacrossemonkey.com/) Make sure to go under the girl’s/women’s lacrosse section.  **Mouthguards:**  Well molded, suggest having at least 2 or 3, because they get lost ALL the time. You can purchase these locally at Academy, Sports Authority, Dicks or Lacrosse Unlimited. Typically, players with braces can get a custom molded mouthguard from their orthodontist or can buy a mouthguard designed for braces at the stores mentioned above. Mouthguards must be a color. **No clear or white mouthguards.**  **Eye Goggles:** There are multiple approved versions now, and selection should be based on personal preference/comfort. However, we DO NOT recommend the Cascade Iris goggles; the design is flawed such that the metal portion can come in direct contact with the player's forehead. See US Lacrosse for info on approved eyewear: <http://www.uslacrosse.org/UtilityNav/AboutTheSport/SportsScienceandSafety/ApprovedEyewearList.aspx>  If your daughter needs to wear glasses to play and is new it might be best to let her try to borrow someone else’s goggles who wears glasses to see how they work for her.  **Gloves:** They don’t really need gloves and many players go their entire career without them. For new players it is probably best that they start without gloves while it is still warm---they only get in the way at first. But in January and February it gets pretty cold and they do help.  **Specific Suggestions:**  **Sticks & Goggles Local:** Lacrosse Unlimited is a lacrosse specialist retail store - 6203 North Capital of Texas Highway (360). Strip center at NE corner of 2222 @ 360 near Waterloo Ice House. Phone 512-732-0002. Open Mon-Sat 11am–7pm and Sun 11am-5pm. They are very helpful for new players to get the right equipment that fits properly, and locally they have the best selection.  **Sticks Online:** Longstreth (<http://www.longstreth.com/>) Here are some sticks that look like they would be good to start out on. Here’s a mid-price stick, a couple of lower mid-priced ones and a low price one. Any would work for the general player however the 10 degree or canted shafts cannot be used for the draw. I would stay away from them as likely a fad.  You probably do get a little better stick the more you pay, but don’t think there is anything wrong with the low-price model for someone just starting out:  One of my favorite heads: STX Crux.  Debeer NV3  Brine Cadence  Brine Amonte  Debeer Impulse Pro  Debeer Bliss  **Goggles Online:** Longstreth (<http://www.longstreth.com/>)  STX 4 Sight Pro  Debeer Lucent Silicon goggle  Debeer Vista  **Sticks/Goggles Local:** Academy on 183 and Dick’s Sporting Goods has some Debeer sticks:  **Gloves Online:** Longstreth’s Brine Energy Gloves at $13, or look in the clearance section. |