

LACROSSE

General Facts about Lacrosse Sticks:

- There are several types of pockets:
 - Nylon and hard nylon mesh (strung in many forms)
 - Traditional leather straps
- Shafts are generally aluminum with no warranties by the manufacturer
- Some high end sticks may come with better shafts
- The price of the stick is determined by the features of the head and shaft materials
- Advanced players may want titanium shafts, which are more durable than aluminum.
- Many sticks are now assembled by the players themselves, please note:
(we carry strun and unstrung heads, separate shafts, and complete sticks)

Stick Head Features:

- Beginner sticks may have a wide top of head and straight sides. This is for ease of catching, throwing and scooping
- Advanced heads with have a “lip” at the end of the head, tapered sidewalls and offset heads which allows for greater control of shots and passes. A more “pinched” or tapered head can be more accurate, but less forgiving.

Fitting a stick:

- Hold stick outward with tip of index finger at the base of the lacrosse head
- Shaft should extend down the arm and end at the armpit
- If the stick is too long it may be cut down; however, we do recommend your coaches' input before cutting.

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MENS' LACROSSE

- Men's sticks have a pocket. It can be no deeper than $\frac{3}{4}$ the total height of the ball
- Men's sticks should be cut down no shorter than 40 $\frac{1}{2}$ "
- Required Protective Equipment:
 - o Helmet size range from XXS- XL
 - o Shoulder pads
 - o Gloves
 - o Elbow pads
 - o Slash guards (optional)
 - o Rib protector (optional)
 - o Mouth Guard
 - o Cleats (football or soccer shoes are acceptable)
 - o Cup/Supporter

WOMENS' LACROSSE

- Women's sticks are not allowed to have a pocket.
- Women's sticks shafts are thinner than men's stick shafts to fit smaller hands.
- Women's sticks should be cut down no shorter than 36 $\frac{1}{2}$ "
- Traditional leather strips and nylon used in the head (no mesh pockets)
- Required Protective equipment:
 - o Goggles
 - o Mouth Guard
 - o Cleats
 - o Gloves (optional)