

Lacrosse gear needed

Helmet - we are transitioning to a school owned and maintained helmet model. As such, for the 2022 the Freshman and Varsity teams will play in school owned helmets. The JV team will use the Cascade S helmet that many sophomores and juniors have worn last season. The Booster board will help the school and donate our helmet inventory to the school to support the JV team.

Throat protection - goalie players will need a throat guard. We recommend a fixed unit. The team at Tama lacrosse can sell and mount the guard for the student athlete

Mouth guard - all players must wear a mouth guard. Lots of options exist. Some players may choose a football style mouthpiece that hangs from the helmet cage. Lacrosse is a running sport so the most important part is for an ability to breathe. As a result, many like a single piece like a SISU brand mouth guard. Get two!

Chest protector / shoulder pad - effective 1/1/22, all student athletes need to wear a NOCSAE certified chest protector. Goalies will wear a different style chest protector. student athletes can choose devices with or without bicep and rib protection.

Cup - student athletes may choose to wear a cup, but most definite for the goalie position. Fit is extremely important as athletes run extensively in this sport

Gloves - we have custom Hinsdale Central lacrosse gloves for sale for \$130. Most high schoolers will wear a size 13 glove, with some smaller (< 5'5" 125lbs) kids wearing a 12 and much larger (> 6'2" 220lb) athletes wearing size 14.

Elbow / Arm Guards - guards on the arms provide protection to the elbow & depending upon the size of the guards also protect areas from the lower bicep to the upper wrist. A player's position often determines the amount of protection needed. For example, a goalie or defensive player may choose to just wear an elbow "cap", which is the smallest of pads, while an attack player might just a longer pad. Most manufacturers have 3 or 4 different lengths of pads. If you are uncertain what pad to get, then just get a mid length pad. Don't worry about brand, just find the ones that fit the best and you find most comfortable.

Sticks - a stick or "cross" differ by position. Shafts differ for goalie, field player and defender. Heads differ for goalie, defense, middle, attack and face off. The mesh and the string setup is more personal. The staff at Tama lacrosse in Naperville can help you find the right stick, head and mesh for you! Most athletes should have two shafts in case one gets broken within a game. (we don't recommend getting sticks elsewhere they tend not to last)

Cleats - any rubber or plastic bottom cleat will work. Soccer, football or lacrosse specific cleats can work for this sport. New Balance, Adidas and Nike make lacrosse specific cleats. No metal studs are allowed. Fit and comfort are very important as people run extensively in the sport.

www.lax.com

www.tamalacrosse.com (store front in Naperville)

Dicks Sporting goods (for gear but not sticks)

<https://www.lacrossemonkey.com>