

Step One: Select a Head.

(Girls Lacrosse Head Comparison)

Shooting Strings



STX Ava: \$35-\$45

- Designed for beginners
- Wide "throat" allows easier catching.
- Great for 1st year, designed to go 1-2 years.
- "The Rub": More room to catch the ball, but ball rattles around more when cradling (applies to throwing as well).



STX Crux: \$75-\$90

- Designed for those who have learned the basics of throwing, catching and cradling.
- Skinny "Throat" ensures ball will stay snug while cradling on the run and will keep ball on path to "shooting strings" when passing or shooting.

Step Two: Select a Shaft

(Girls Lacrosse Shaft Comparison)



Aluminum Shaft

- \$10-60
- Standard on all starter sticks.
- Lightweight.
- Durable.
- Not a lot of fun when it is 40 degrees or below outside.
- Some will come with “coating” for better grip
- Does come in the “10 Degree Lever”



Rubber rings for better grip

Composite Shaft

- \$75-\$100
- Ultra-Lightweight
- Available “Grip” Enhancements”
- GREAT** in cold weather.



10 degree Lever

Composite “10 Degree Lever”

- \$75-\$100
- Ultra-Lightweight
- Available “Grip Enhancements”
- GREAT** in cold weather.
- Top of shaft is levered back ten degrees to help with shooting.
- Designed for Attack & Middies who need speed on their shots.



“Rippled” grip

Neck is tapered

Coach Ben's Shopping Suggestions

- Because they are girls, they have to like the color of their stick, so go online and look at colors, then....
- Go to Bigfoot Lacrosse (buy local!) and get in their throwing cage and have her try a bunch out. **Like you feel about your golf clubs, she needs to feel the same way about her lax stick.**
- If Bigfoot not have your desired model, style or color, ask them to order it. Remember that their inventory dips a bit in the off season.
- If you choose NOT to go with Bigfoot, try going online and buy from any of the dozens of lax online retailers. Laxworld, Sportsherway, LaxMonkey, etc.
- Please DON'T buy from Dick's if at all possible as their staff is not knowledgeable about girls lax. Unless you know specifically what they want and Dick's has it, steer clear.
- This time of the year you will often find season ending closeouts.
- Check eBay and watch Craig List, you'll be surprised with what you find.

*If you do buy from Bigfoot (or most places frankly), KEEP YOUR RECEIPT! If the head cracks or breaks for ANY reason in the first six months, they will warranty replace in in almost all cases.

Coach Ben's Stick Suggestions

(Heads that I have tried and like right now)



STX CruX 10

Remember that you can "mix and match" any head with any stick



Brine Amonte 2

Most popular head amongst WL Girls is the STX CruX 10 and CruX.



Nike Nina



STX CruX



Brine Amonte



DeBeer Rapture