

TITANS BOYS' EQUIPMENT GUIDE

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This Document Provides General Recommendations
Only.

Please consult any Titan Coach for specific questions
and guidance. Your players' safety is our first priority.

Introduction/Overview

- Safety is the first concern of US Lacrosse, Colorado Youth Lacrosse Association, and Titans Lacrosse
- Equipment plays an important part in the safety of players
- As players progress through different levels of play, their equipment needs will change as well
- Equipment that doesn't fit properly can lead to injuries
- NOCSAE standards have helped provide minimum requirements for all protective equipment
- Quality equipment will provide the best possible protection for the player. Keeping in mind that nothing provides 100% protection from injuries.

General Description of Protective Equipment

Required Equipment (at all levels):

- Crosse (Stick)
 - multiple options of head design and stringing, shaft design and material
 - Older defensive players can have sticks up to 72" based on age level rules
- Helmet
 - Must be NOCSAE certified (and labeled clearly on helmet)
 - Colors are up to individual players/parents and available at a 20% discount on the Dick's Titans Discount Day each February
 - Team colored helmets are available one time each year through STX at a team discount price
- Shoulder Pads
 - Shoulder pads provide protection against the most dangerous aspect of Lacrosse, which is a high velocity ball striking the chest plate and stopping the heart.
 - Shoulder pads should not be oversized, or restrict movement or range of motion
- Arm Guards
 - Youth players should have full arm guards that cover the forearm, elbow, and meet the shoulder pads
 - Elbow Caps do not provide adequate protection for most youth players
- Gloves
 - Lacrosse gloves protect the outer surfaces of the hand while allowing for solid grip on the crosse
 - Older players require additional padding and durability
- Cleats
 - Football cleats and lacrosse cleats are similar and both acceptable
 - Soccer cleats do not have the strength or a toe cleat for the pressure generated in box-out/ball-down/scrums
- Cup
 - Cups secured in compression shorts tend to be the most comfortable for youth players
 - Goalies and players at the U12 and up ages should select advanced cups with additional strength (carbon fiber is most common) as the lacrosse ball velocity increases
- Mouth guard
 - Works in conjunction with helmet to reduce jarring to the brain which can result in concussions
 - Proper fit is essential for maximum protection, and likelihood player will keep it in
 - Must be color other than clear to be easily verified by officials and coaches
 - Buy mouth guards with retainer straps to attach to helmets-boys lose them if they aren't attached

Optional Equipment (different levels/performance):

- Rib Guards
 - Protects torso below the shoulder pads
 - Help many players with confidence by reducing pain
- Wrist Guards
 - Protect wrist between gloves and arm guards
 - Help many players with confidence by reducing pain
- Goalie Equipment
 - Provided by Titans for back up goalies and team goalies under U12

Helmet

- Helmets can be purchased at 20% discount during the Titans/Dicks Discount Day in February, as well as STX helmets can be purchased at a DEEP discount during the once yearly team purchase

- Beginner helmets have cushion designed to dissipate impacts routinely expected up to the U11 Blue level. (\$140 or less retail)



- Players at U12 –U13 blue need additional protection against concussions due to increase ball velocity and the introduction of checking at these levels (\$199 or less retail)



- At U13 white through U15 and beyond players need top tier protection.
 - Additional cushioning, top
 - Many players' families choose to purchase helmets for their future high school team to maximize their investment. (over \$200 retail)



Shoulder Pads

- Beginner to U10 single layer foam pads with hard heart shield.



- U11-U15 reinforced sternum protection. Dispersion of sternum impact with engineering to dissipate impact. Floating hard cap shoulders protect shoulders from less-skilled players' illegal contact fouls (they happen). Bicep pads that drop to meet the arm guards.



- U12 White-U15 White still need protective equipment despite their protests. Sternum protection becomes even more important with increased strength and speed of shots.



Arm Guards

- Elbow caps are generally a bad idea for all levels of club lacrosse and at all positions.



- Elbow caps only provide protection for the elbow, while not covering the forearms or bicep up to gloves and shoulder pads

- Beginner through U10 players can generally get away with arm guards that don't have a hard cap on the elbow



- Arm Guards extend from the gloves to the bicep pad on the shoulder pads providing arm protection

- U11 and up should have arm guards that have rigid caps on the elbows and cushion that provides protection all around the forearms



- U13-U15 benefit from lighter, more flexible arm guards that provide generous cushioning



Gloves

- Beginner to U10 single layer foam is acceptable
 - Durability is less and protection is less than on higher end gloves
 - Materials are generally woven fabric in beginner gloves



- U10 White-U11 White need dual layer foam

- Smooth surfaces, tightly woven ballistic nylon, or leather exteriors are generally indicative of mid-grade gloves
- Two different feels of compression will be felt when squeezed



- U12 White-U15

- Dual-density foam throughout the glove with strategic placement of polyethylene (PE) plastic board, offers added protection in key areas
- When compressing the fingers you will feel a rigid piece that prevents complete compression of the fingers



Cleats

- Cleats are an important piece of safety equipment for all lacrosse players
- Soccer Cleats do not have toe cleats which are important as players progress to help gain traction while boxing out, and for fast acceleration and dodging
- Baseball cleats are not acceptable and are specifically excluded by US Lacrosse for the sport
- While it is tempting to buy cleats big enough to last two seasons, oversized cleats cause poor traction, poor support and poor footing which can lead to injury
- It is a personal preference as to the height of the cleats players wear. Tall cleats can give additional ankle support, but can limit lateral motion for dodging and cutting for offensive players and middies
- Used cleats generally do not fit well and can cause future foot issues in some cases



Cup

- Injuries in youth activities can cause lifetime issues for young men
- At all ages, compression shorts which are designed to hold the cups in the proper position for the most protection are usually the best solution



- Beginners through U11 are usually protected adequately with basic flex cups like the one pictured to the right
- “Cup checks” are part of daily life for youth lacrosse players to ensure the awareness of youth players to the importance of protection



- Cup checks are self administered checks with a stick striking the cup, it makes a definitive sound
- The other possible sound is unpleasant, but rarely repeated with instance of forgetting a cup

- All goalies, U12 and up players should wear reinforced cups like the one pictured at the right as the speed and strength of shots increase



Mouth Guard

- Moldable mouth guards provide shock protection with trips, falls and checks
- Many orthodontists will make custom molded guards for kids with braces.
- For boys, a double mouth guard isn't necessary with helmets protecting the braces from impact
- Boys generally need a retention strap on their mouth guards because they lose them
- Most mouth guard companies include dental benefits of \$10K-\$20K (rarely redeemed in boy's lacrosse due to helmet protection of direct oral impact)
- Mouthpieces must not be clear so they are easily visible for the officials and coaches

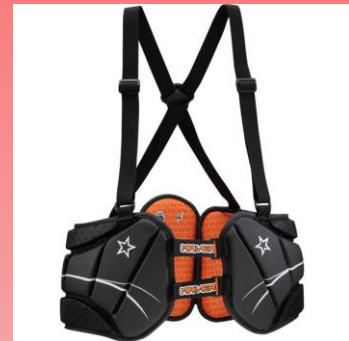


Miscellaneous

- Wrist pads protect offensive players (and shooting middies) from hacking checks



- Rib Pads protect both the side ribs and provide additional protection for the spine
- Rib pads usually fit for two or three years with their adjustability



- Goalie Equipment must be correctly fitted to protect the goalies
- Consult a coach for specifics for you player prior to investing in Goalie equipment