

****BRING THIS CHECKLIST INTO SINBIN SPORTS FOR AN ADDITIONAL 10% OFF
YOUR PURCHASE****



2008A Sherwood Drive, Sherwood Park, Alberta

M-F: 10am – 8pm **Sat:** 10am - 6pm **Sun:** 11am – 3pm

Lacrosse Equipment Checklist

- CSA Approved Helmet
- Face Mask (Either Hockey or Lacrosse)
- Shoulder Pads
- Slash Guards
- Bicep Pads (Optional)
- Lacrosse Gloves
- Wrist Guards (Optional)
- Kidney Guards
- Protective Cup
- Knee Pads
- Mouth Guard
- Lacrosse Stick (Shaft & Head)
- Basketball/Court Shoes

SinBin's "How to Fit" Guide

Helmet – The helmet should fit snug around the whole head. You will know if the helmet is too big if you can easily slip your hand anywhere inside the helmet while on the player's head. If while wearing the helmet, the player shakes their head and the helmet wiggles from side to side, this is an indication that the helmet may be too wide.

Face Mask – The face mask needs to have a chin strap that is laced through the mask. The chin cup should not super tight to the chin. The chin cup should either be pressing softly, or have a small space from the player's chin.

Shoulder Pads – The shoulder caps should rest directly about the shoulder of the player. Lacrosse shoulder pads have less padding in the chest area, as players need to be light and agile. Hockey shoulder pads will work but they are more bulky.

Slash Guards – The slash guard will be composed of three parts: the lower arm pad, upper arm pad, and elbow pad. The elbow of the player should fit square in the elbow pad of the slash guard. The lower and upper arm pad should extend to protect half of the lower arm and upper arm, respectively. Anything too big will restrict shoulder and hand movement.

Bicep Pads – These will be worn if there is a gap between the shoulder pads and the slash guards. These pads will help protect from the cross-checks that are given out during game play.

Lacrosse Gloves – The palm of the gloves should line up with the palm of the player's hands. The fingers of the glove can be approximately half of an inch longer than the player's hands to allow for growth room. The gloves should not be too long as they may restrict the cradling ability of the player.

Lacrosse gloves fit much differently than hockey gloves. They allow for easy finger movement and will promote easier cradling. Lacrosse gloves are a necessity for players that are looking to catch on quickly and take their game to the next level.

Wrist Guards – The wrist guards are worn if there is a considerable gap in between the lower pad of the slash guard and the glove. They also stop the sweat from running into the gloves.

Kidney Guards – The kidney guards used for box lacrosse be made up of three parts: a spine protection piece, and two kidney pads. They should go as low as the hip and come up to about two inches under the arm pit.

Lacrosse Stick – Players in the mini-tyke, tyke, and novice levels can use an aluminum shaft with an entry level lacrosse head. As players progress, they will need to upgrade their stick to stronger alloys to reduce the possibility of breakage or bending.

The lacrosse head should have a pocket deep enough to cradle a ball, but not too deep so the player cannot shoot the ball properly. If you are unsure about your lacrosse stick, the lacrosse professionals at SinBin Sports can certainly evaluate and fix any lacrosse stick.

SinBin Sports also strings lacrosse sticks with custom coloured mesh and strings of the player's choice!

Lacrosse equipment fittings can be scheduled with Glendon Taylor @ SinBin Sports.

Please contact Glendon at 780.908.4175 with any equipment concerns or to schedule an appointment!



2008A Sherwood Drive, Sherwood Park, Alberta

M-F: 10am – 8pm **Sat:** 10am - 6pm **Sun:** 11am – 3pm