

2024 Equipment Information for New CYL Players and Parents

So this is long with tons of info, most of it geared toward new players/parents. If you've got all your gear feel free to skip it, if you're in need of something specific scan down. And please reach out to Coach Joel or Coach Ed at the contact information at the bottom with any questions.

Sticks:

Girls is pretty straightforward: you'll need a stick for indoor clinics. You'll get to know Kat Mirance, our fantastic girls program director, and she'll give you all the further info you need. A couple good beginner stick options from String King and Signature:

- <https://signaturelacrosse.com/collections/sale/products/universal-complete-jr28-womens>
- <https://stringking.com/womens-lacrosse/sticks/girls-starter-jr>

Boys wear more protective gear so it gets more complicated. If you've got a stick, bring it. If not, just come in gym clothes, sneakers and a smile. New players will use special sticks made for learning to cradle the first couple weeks.

When it's time to move to a proper stick you can borrow one of our loaners week to week until your son gets his own. When it's time to purchase a stick, please do avoid getting a cheap beginner stick at Dicks. They make it difficult for new players to throw and shoot consistently because they're made from junk materials and are poorly strung, which frustrates the player and flattens out their learning curve. This includes anything in the \$50 range from STX, Maverik or Warrior. The solution is to restring the pocket or get a new stick, an extra expense that frustrates parents. There are good beginner sticks out there, the least expensive of which is the Powell Scout at \$70+ shipping:

<https://www.powelllacrosse.com/products/scout> The other two solid options are \$100+ shipping from String King and ECD. These are all excellent sticks for beginners:

- <https://stringking.com/mens-lacrosse/sticks/starter/?sku=boys-starter-starter-attack-mark-1-type-2s-white-silver>
- <https://ecdjax.com/products/bravo-1-elite-setup>

Coach Joel and Coach Gabe have been working the last year on bridging this cost gap to get good sticks in the hands of our beginners for under \$60. That's led to two things: Coach Joel learning to properly string and repair sticks (so if you've already got one of these cheap sticks and it's causing problems, reach out to Joel and he can help), and

the stockpiling of inexpensive, quality stick parts in the off-season that we can string into legitimate, affordable sticks with pockets that throw and shoot properly and consistently.

So, we've got a bunch of sticks available for \$50 that Coach Joel made from these parts:

<https://signaturelacrosse.com/collections/heads/products/the-contract-head-with-magik-mesh-kit-v2> Signature blew out these \$80 heads for \$25 in the fall.

<https://stringersshack.com/> The mesh that comes with the Signature head is trash, but these guys make great mesh (G3 Ultralight) for \$6.50, plus sidewall and shooting strings call it \$10.

<https://www.sportstop.com/products/warrior-analog-a6-6000-goalie-lacrosse-shaft> SportStop sold these aluminum goalie shafts for \$15 that we cut to length for youth players.

These made great sticks, and we're really proud of them. If you'd like one, reach out to Coach Joel at the contact info listed below. He's got some refurbished used sticks for loan or purchase too, and he'll be at all the clinics and happy to answer any and all equipment questions.



Protective Gear:

As the clinics progress you'll need to be acquiring protective equipment. The first thing your son will need is Gloves, then:

Helmet

Arm pads

Shoulder pads

Cleats

Black game shorts

Cup

The first place to look is Back in the Game Sports, south of Chester. Your son can try things on there and pick out what he needs. I believe helmets are about \$30, the rest of it \$15-20. Shoulder pads need to be NOCSAE approved and say so because they

changed the rules a couple years ago. They'll run out of good gear, helmets especially, as the season nears, so get over there soon as you can.

SidelineSwap is another option for used gear. Buyer beware though, and watch out for shipping costs.

Solid deals on new glove/arm pad/shoulder pad beginner kits can be found online as well. Pay attention to sizing charts:

\$110:

<https://www.sportstop.com/products/stx-stallion-200-lacrosse-starter-kit-gloves-shoulder-pads-arm-pads-2023-model>

\$120:

<https://www.lacrossemonkey.com/lacrosse-mens-equipment/youth-starter-kits/maverik-charger-ekg-standard-lacrosse-starter-kit-22.html>

\$130: <https://www.lacrosseunlimited.com/3-piece-usa-lacrosse-starter-set.html>

Or you can make your own set. Filter your searches with low to high pricing and look for stuff on sale or odd colors/sizes. Keep an eye on sizing charts:

\$100: <https://www.sportstop.com/products/true-cadet-lacrosse-shoulder-pads>

<https://www.sportstop.com/products/stx-cell-100-lacrosse-arm-pads>

<https://www.sportstop.com/products/maverik-charger-lacrosse-gloves>

\$100:

<https://www.lacrossemonkey.com/lacrosse-mens-equipment/lacrosse-mens-protective/lacrosse-mens-shoulder-protection/true-lacrosse-shoulder-pad-cadet-yth.html>

<https://www.lacrossemonkey.com/lacrosse-mens-equipment/lacrosse-mens-protective/lacrosse-mens-arm-protection/warrior-lacrosse-arm-pads-burn-next-youth-22.html>

<https://www.lacrossemonkey.com/lacrosse-mens-equipment/lacrosse-mens-gloves/maverik-lacrosse-gloves-charger-23.html>

Though you'll want to avoid Dicks for beginner sticks, it's not a bad place for protective gear, and you can try stuff on there too.

Helmets:

The helmet is the final big piece and the most expensive new, so you'll want to find one used if possible. There are really two options: for most kids on the K2 and 3/4 teams the

Cascade CS-R or the older version **CS** is the way to go. These come in one size and are adjustable to fit a head up to about 22". If you need something larger look for a **Cascade CPV-R**. Those come in multiple sizes: small/medium fits 21-1/2" to 23-5/8", medium/large. 22-3/4" to 24". Back in the Game Sports, Sideline Swap, Ebay, or Facebook Marketplace are places to look for these. Get white if you have a choice, but any color will keep him safe. Make sure the interior is in good condition and that it has cheek pads, which are important for the fit.

Search those places for the helmet models listed above. Again, buyer beware. Here are some examples of helmets that could possibly work.

Cascade CS-R:

<https://sidelineswap.com/gear/lacrosse/lacrosse-helmets/6443081-cascade-used-cs-r-youth-helmet>

<https://sidelineswap.com/gear/lacrosse/lacrosse-helmets/7023333-cascade-used-cs-r-one-size-lacrosse-helmet>

<https://sidelineswap.com/gear/lacrosse/lacrosse-helmets/6715756-cascade-used-cs-r-youth-helmet>

<https://sidelineswap.com/gear/lacrosse/lacrosse-helmets/6638114-cascade-player-s-cs-r-youth-helmet>

https://www.ebay.com/itm/126214275119?mkcid=16&mkevt=1&mkrid=711-127632-2357-0&ssspo=Z-ZtI2HhQV2&sssrc=2047675&ssuid=LFflog_eT-S&widget_ver=artemis&media=COPY

Cascade CS (older version of CS-R):

<https://sidelineswap.com/gear/lacrosse/lacrosse-helmets/6718780-cascade-used-cs-helmet>

<https://sidelineswap.com/gear/lacrosse/lacrosse-helmets/6989071-cascade-used-cs-helmet>

<https://sidelineswap.com/gear/lacrosse/lacrosse-helmets/6815275-cascade-used-cs-helmet>

<https://sidelineswap.com/gear/lacrosse/lacrosse-helmets/6747061-cascade-used-position-cs-helmet>

<https://sidelineswap.com/gear/lacrosse/lacrosse-helmets/6875370-cascade-used-cs-youth-helmet>

https://www.ebay.com/itm/204590182324?mkcid=16&mkevt=1&mkrid=711-127632-2357-0&ssspo=weda-2h2ruq&sssrc=2047675&ssuid=LFflog_eT-S&widget_ver=artemis&media=COPY

Cascade CPV-R for larger heads:

Small/Medium: 21-1/2" to 23-5/8"

<https://sidelineswap.com/gear/lacrosse/lacrosse-helmets/6838912-cascade-used-position-cpv-r-helmet-s-m>

<https://sidelineswap.com/gear/lacrosse/lacrosse-helmets/6749602-cascade-used-position-cpv-r-helmet>

<https://sidelineswap.com/gear/lacrosse/lacrosse-helmets/6929520-cascade-used-white-cpv-r-s-m-helmet> **This guy has a bunch of CPV-Rs for sale and a few CS's

Medium/Large: 22-3/4" to 24"

<https://sidelineswap.com/gear/lacrosse/lacrosse-helmets/7284241-cascade-used-m-l-cpv-r-helmet>

If you don't see a size listed for a CPV-R, message the seller. Sellers on sideline swap tend to be good about getting back. If someone isn't getting back or seems iffy, take it as a red flag and look elsewhere. Returning gear from there is a pain and you have to pay for shipping, so shop with care. It's possible to bundle gear from the same seller to save on shipping, so if you find one thing that looks good, look at their other gear for sale and ask if they can be shipped together. A lot of places listing on Sideline Swap are used sports equipment stores around the country.

Finally, if you're looking to get a better handle on it all I've found this book to be an excellent resource for new parents and players. I'll bring a copy on Thursday that you can check out, ask me about it:

The Player and Parents Guide to Lacrosse

<https://a.co/d/4LhYwAn>

Thanks for your time, hit us with any questions and here's to a terrific season of Cornwall lacrosse!

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