

## CHEETAHS LACROSSE JUNIORS INFORMATION

### **PAPERWORK YOU WILL NEED FOR FIRST PRACTICE:**

#### **1. Registration Form**

Please print and fill out the registration form and bring it with you to the first practice along with payment. The fee for fall lacrosse is \$15.00 per Jrs-level player.

#### **2. Medical release**

Please print and fill out the medical release and bring it with you to the first practice. (Please note that if there has been an injury to a player, we must have a medical release note from a doctor before the player can resume playing).

#### **3. USLA (United States Lacrosse Association) Membership**

This is an annual membership for your child and is required for our organization's insurance coverage and field-use privileges. US Lacrosse Magazine is also provided as part of the membership. If you are already a member please bring proof of your membership (your child's card or number) to the first practice. If you are not a member please go to <http://www.uslacrosse.org/membership/index.phtml> and follow instructions to join (if you registered spring 2007 your membership is good until March 31, 2008).

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### **GIRLS 4<sup>TH</sup> AND 5<sup>TH</sup> GRADE LACROSSE**

Girls lacrosse is a safe, non-contact sport, especially at the junior level. At this level there is no "checking" (stick to stick contact) allowed. However, like any competitive sport there are risks so proper safety equipment is necessary. Just as soccer rules require shin guards, lacrosse rules require eye guards and mouth guards. Below is an equipment list with links to lacrosse websites. We may have some loaner equipment available, but we can't guarantee we'll have enough so it is a good idea to purchase your own.

#### **Equipment:**

- Girls lacrosse stick
- Mouth guard
- Goggles
- Gloves - some players wear thin gloves for warmth/protection.
- Shoes - cleated soccer type shoes work best or any kind of running shoe will do.
- Helmets, pads, and thick-padded gloves are only for goalies. (our team supplies these and at the junior level goalies are optional).

#### **Equipment Details:**

##### **Sticks**

When you decide to buy a stick, make sure it's one she loves (color, etc.). Just like picking out a ball glove, it needs to be "special" to her. There are about six brands: STX, DeBeer, Brine, Warrior, Harrow, and Shamrock. Each makes 4 to 8 models of girls' lacrosse. Sticks are molded plastic heads with metal handles. Make sure it's a *girl's* stick. You should be able to find a decent "starter stick" in the \$30 to \$65 range.

##### **Mouth guard**

Make sure the mouth guard is one that's as comfortable as can be. These are for the occasional/accidental bump-in-the-mouth. (about \$5 to \$10). You might consider speaking to your dentist about fit/type if you'd like). You might also think about buying one or two extra as we've found that players lose them from time to time.

### **Goggles**

Again go for fit, comfort. STX seems to excel here, but Brine and Cascade make some fine models, too (about \$35 to \$65).

### **Gloves**

Warrior, STX, DeBeer. Thin-padded protective gloves. Not really necessary for the Jrs., unless they really want them. (note: girls gloves are different than the heavily-padded gloves used by boys.)

### **Shoes**

Cleated - like soccer shoes work fine. Regular running shoes will work also.

## **EQUIPMENT SOURCES IN KNOXVILLE AND ON THE WEB:**

### **-Dicks Sporting Goods**

221 North Peters Road

865.531.2221

[www.dickssportinggoods.com](http://www.dickssportinggoods.com)

### **-The Sports Corner**

in Farragut (Warrior Brand only)

### **-Sports-Her-Way**

<http://www.sportsherway.com> has a great selection.

### **-Commonwealth Lacrosse**

<http://www.comlax.net> has a good selection.

### **Other -**

LACROSSE NASHVILLE

127 Franklin Road, Suite 100

Brentwood, TN 37027

615-376-4444

615-376-4455 fax

[www.lacrossenashville.com](http://www.lacrossenashville.com)