

ALTONA LACROSSE CLUB



RECOMMENDED EQUIPMENT

2020

Introduction:

The following equipment is a non-exhaustive list of equipment you may wish to consider for purchase. In the case of goalie protective equipment, the chest pads and shoulder pads are considered the safest on the market. The assessments of safety are from the [National Operating Committee on Standards for Athletic Equipment](#) (NOCSEA) in the USA.

Anyone considering goalie gear should refer to this list. If the goalie padding does not specify it meets NOCOSEA standards then do not buy it.

With helmets, nearly all modern lacrosse helmets are excellent for our game. The STX may be slightly safer where the Cascades may offer better vision and comfort so it comes down to personal choice.

With shoulder pads, the ones recommended have extra padding at the heart, many players however do not wear shoulder pads at all so it is personal choice.

The choice of sticks is varied. However, as a guide, if you are a faceoff look for flexible sticks specifically designed for face off. If you are a defender you may go for a wider head stick with slightly less flexibility. An attack player may go for a smaller head which holds the ball well. Midfielders will likely prefer a stick that holds the ball well but is also good for defense.

Gloves are a matter of choice but you may want to look at the thumb protection as a lot of players get hit there, or you may be concerned with wrist protection. Goalies have extra padding in the thumb. Again, it is a matter of personal choice. With gloves we recommend going a size bigger than you think you need.

With armpads, we would recommend the longer pads rather than the elbow guards. Some players, particularly defenders, prefer the smaller elbow guards as they are not often on the receiving end of ferocious checking! Some shooters also feel they get more freedom for ripping top corners from the smaller pads, but we still recommend the extra protection of the armguard – even if it might (slightly) affect the ability to fire a shot or make a good pass. Again, if unsure, get the bigger size.

The prices quoted are very much a guide only and are in Australian dollars, they do not include shipping. We encourage that you shop around. For new and young players, we would recommend looking at some of the starter equipment packages (eg STX stallion 50 beginner set) as they appear good value for money.

The descriptions of the items come from webpages selling the items so they should not be treated as 100% accurate. You are encouraged to do your own research.

The Club committee would be happy to assist anybody with advice when considering equipment purchases.

Mark Lewer
President, Altona Lacrosse Club

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GOALIE CHEST PROTECTORS

ITEMS TO NOCSAE STANDARDS - Lacrosse Goalie Chest Protectors

BRAND	MODEL	DESCRIPTION	SIZING	Price Guideline, AUD not including shipping	Picture												
Maverik	Max Goalie Pad	The MAX EKG Goalie Chest Pad progressive design allows for maximized movement with minimum bunching when making dynamic movements. Featuring Maverik's EXTERNAL KARDIAC GUARD (EKG), our revolutionary pad that meets the new NOCSAE performance standard ND200 to help address commotio cordis.	Sizes: XS, S/M, L/XL <table border="1"> <thead> <tr> <th>Size</th> <th>Height</th> <th>Weight</th> </tr> </thead> <tbody> <tr> <td>Small</td> <td>4'6" - Under</td> <td>71 - 90</td> </tr> <tr> <td>Medium</td> <td>4'6" - 5'6"</td> <td>91 - 140</td> </tr> <tr> <td>Large</td> <td>5'6" - +</td> <td>141 - +</td> </tr> </tbody> </table>	Size	Height	Weight	Small	4'6" - Under	71 - 90	Medium	4'6" - 5'6"	91 - 140	Large	5'6" - +	141 - +	\$250	
Size	Height	Weight															
Small	4'6" - Under	71 - 90															
Medium	4'6" - 5'6"	91 - 140															
Large	5'6" - +	141 - +															
STX	Shield 200	The STX Shield 200 lacrosse goalie chest protector is ideal for the beginner-level goalie and meets the new NOSCAE standard for goalie chest protection. The Shield 200 is constructed with hard plastic throughout the chest plate and shoulder caps for increased protection. Multiple hinges enhance fit and allow for unrestricted mobility. The onboard strap system offers vertical adjustability to allow the pad to grow with your player	Sizes Small, Medium and Large <table border="1"> <thead> <tr> <th>Size</th> <th>Height</th> <th>Weight</th> </tr> </thead> <tbody> <tr> <td>Small</td> <td>4'6" and under</td> <td>90lbs and under</td> </tr> <tr> <td>Medium</td> <td>4'6" to 5'6"</td> <td>90lbs - 140 lbs</td> </tr> <tr> <td>Large</td> <td>5'10" and over</td> <td>140lbs + over</td> </tr> </tbody> </table>	Size	Height	Weight	Small	4'6" and under	90lbs and under	Medium	4'6" to 5'6"	90lbs - 140 lbs	Large	5'10" and over	140lbs + over	\$90 Suitable for U11; U13	
Size	Height	Weight															
Small	4'6" and under	90lbs and under															
Medium	4'6" to 5'6"	90lbs - 140 lbs															
Large	5'10" and over	140lbs + over															
STX	Shield 400	The STX Shield 400 lacrosse goalie chest protector is ideal for the intermediate-level goalie and meets the new NOSCAE standard for goalie chest protection. Designed with freedom of motion as a priority, we've incorporated a floating chest plate, adjustable shoulder caps, and removable stomach pads so you can get the right fit for your style of play. Get fully fitted with our 3-way adjustable strap system.	Sizes Small, Medium and Large <table border="1"> <thead> <tr> <th>Shoulder Pad</th> <th>Height</th> <th>Weight</th> </tr> </thead> <tbody> <tr> <td>Small</td> <td>4'6" - Under</td> <td>71 - 90</td> </tr> <tr> <td>Medium</td> <td>4'6" - 5'6"</td> <td>91 - 140</td> </tr> <tr> <td>Large</td> <td>5'6" - +</td> <td>141 - +</td> </tr> </tbody> </table>	Shoulder Pad	Height	Weight	Small	4'6" - Under	71 - 90	Medium	4'6" - 5'6"	91 - 140	Large	5'6" - +	141 - +	\$175 Suitable for U15	
Shoulder Pad	Height	Weight															
Small	4'6" - Under	71 - 90															
Medium	4'6" - 5'6"	91 - 140															
Large	5'6" - +	141 - +															

BRAND	MODEL	DESCRIPTION	SIZING	Price	Picture
STX	Shield 600	The STX Shield 600 lacrosse goalie chest protector is the choice for professional and elite college goaltenders alike. The Shield 600 is the most recent upgrade to our elite goalie chest protector, meeting the newly established NOCSAE impact standard. Our floating chest plate and integrated stretch zones offer flexibility and mobility, for faster reaction time and easier movement. The compression-moulded design offers a low-profile silhouette and lighter weight. Personalize your fit with our unique strap system which adjusts vertically and horizontally.	Sizes Medium, Large and XLarge Shoulder Pad Height Weight Small 4'6" - Under 71 - 90 Medium 4'6" - 5'6" 91 - 140 Large 5'6" - + 141 - +	\$250 Suitable for U17; Seniors	
Warrior	NPCP19 Nemesis Pro	NOCSAE impact standard approved Impax foam chest plate with inserts provide enhanced impact absorption at high and low speeds. 3-Piece chest pad construction allows for improved flexibility when crossing arms over for off-stick shots. Adjustable fit system allows you to build up or bread down your belly pad setup, provides maximum protection or increased mobility. Adjustable straps system for perfect fit and comfort	Sizes - S, M, L Medium 13-16 yo, 5'4" to 5'9", 110 to 150 lbs Large 17 yo - Adult, 5'9" - over, 150 lbs - over	\$218 Suitable for U17; Seniors	

GOALIE THROAT GUARDS

Name and Price	Description	Picture
Cascade throat protectors \$15	The Cascade goalie throat piece is our oldest and most versatile throat protector. The Cascade goalie throat piece has a string attachment system which allows for it to fit on any helmet. For programs with rotating goalies with different helmets, the Cascade throat piece can be the perfect solution.	
Cascade throat protector \$60	These goalie throat guards are the most popular throat guards around. Cascades passion to protect really shows true not only in their helmets but their throat guards as well. Do not stand in front of the cage without one.	
STX eclipse throat protector \$60	Lacrosse goalie throat protector worn by the best high school and collegiate teams in the nation. Simple free-floating design. Polycarbonate, and attaches with a screwdriver. Adjustable front strap. Many goalies have started attaching the two back pieces with throw strings or sidewall laces. They make sure they are tight enough to keep the balls out - but this lets the throat piece "float" more and it is much more comfortable. This throat protector can be used with Cascade and STX helmets.	

GOALIE PANTS

STX Deluxe Pants AUD \$110	The STX Deluxe Lacrosse Goalie Pants feature a multi-zoned, full mesh body with moisture wicking properties to keep you as dry and cool as possible when you are being peppered by shot after shot. These pants are designed with a floating protective pad system that moves as you move for maximum mobility. These pants will provide the protection you need without inhibiting your play so you stay focused on the game in front of you.	 A pair of black lacrosse goalie pants with large protective pads on the front and sides. The STX logo is visible on the waistband and the bottom right of the image.
STX Youth Deluxe Pants AUD \$65	These are specially designed with youth players and extra padding in mind. Keep em safe and happy about their time in the goal. These are the best youth pant on the market for younger players.	 A pair of black lacrosse goalie pants with protective pads on the front and sides, designed for youth players. The STX logo is visible on the waistband.

GOALIE GLOVES

BRAND	MODEL	DESCRIPTION	SIZING	Price Guideline, AUD not including shipping	Picture
STX	Shield 500 Goalie Gloves	These are the latest goalie gloves from STX and they do a wonderful job of combining light weight with high protection. Most importantly they have a unique thumb protection design. The plastic protection piece does not bend all too well, however the thumb itself is able to move with ease. This allows for a stiff protection, but still gives the goalie flexibility inside the glove, which is a great design and something many other gloves don't offer.	M, L and XL	\$260	
Warrior	Regulator 2 Goalie Gloves	The Warrior Regulator II's have a big stiff thumb which is fine for dexterity but provides amazing protection. Even if you're not used to the large protective thumb on your gloves, it's very easy to get accustomed to it. You'll be surprised how little you actually use your thumbs in cradling or throwing outlet passes.	M and L	\$280	
STX	Shield Pro Goalie Gloves	This glove is for those who prefer the old minimalistic style. If you are willing to sacrifice protection for the ability to have a better feel on the stick, then you can go with these gloves. They still offer reinforced thumb and hand protection but not as much as the Warrior Regulator II's.	U/K	\$230	

SHOULDER PADS

Brand	Model	Description	Sizes	Price AUD	Picture
Maverik	Charger Shoulder Pad	The Maverik Charger EKG is a great pad for the entry level youth player. The Maverik Charger EKG (External Kardiatic Guard) provides revolutionary chest protection for youth players and meets the new NOCSAE performance standard ND200 to help address commotio cordis.	Sizes: XS, S, M, L	\$95	
Maverik	Max Shoulder Pad	The Maverik Max EKG Shoulder Pad is the first pad to meet the new US Lacrosse rule change to enhance heart protection in lacrosse. Max EKG Shoulder Pad provides experienced players with lightweight, comfortable shoulder protection.	Sizes: S, M, L	\$205	
Maverik	MX Shoulder Pad	The Maverik MX EKG shoulder pad meets the new NOCSAE performance standard ND200 to help address commotio cordis. The MX is lightweight, comfortable, and has protective shoulder coverage. This traditional fit is designed for the younger player to provide comfort and mobility.	Sizes: S, M, L	\$125	
STX	Stallion 200+	The STX Stallion 200+ shoulder pad is designed for the beginner and advancing youth players. The STX Stallion 200+ meets all NOCSAE standards for chest protection. The hard-plastic shoulder caps give extra protection and extended coverage. Big Velcro adjustment straps lock this pad around the ribs and the additional bicep pads allow for a custom fit and for more slash protection.	Xsmall, Small, Medium and Large	\$70	

Brand	Model	Description	Sizes	Price	Picture
STX	Stallion 75	The STX Stallion 75 shoulder pads are for beginner, entry level, youth players that are just starting out in the game. STX updated this pad to meet the NOCSAE standard for chest protection.	XXsmall, Xsmall, Small, Medium and Large	\$40	
Maverik	Max Speed Pad	The Maverik Max EKG Speed Pad features the EKG (External Kardiac Guard) pad which meets the new NOCSAE performance standard ND200 to help address commotio cordis. The traditional fit is designed to provide comfort and mobility.	Sizes: S, M, L	\$160	

HELMETS

ITEMS TO NOCSAE STANDARDS – Lacrosse Helmets (ND041-15) - MEN

Brand	Model	Description	Sizing	Price	Picture
Cascade	CPV-R	Full range of sizes. The CPV-R is not as good as the CPX-R but it is \$60 cheaper and still a really high quality helmet. Mask available in matte black or silver.	Sizes: XXS, XS, S/M & M/L For players over 13.	\$200	
Cascade	S18	The pinnacle of protection, comfort and vision. The S incorporates more than double the breathability of previous helmets and the VisionBar facemask. The S is the most protective helmet cascade has made.	Lacrosse Helmet with S Face Guard; Size - One size	\$420	
Cascade	CPX-R	A high-performance helmet with the SevenTech liner that adjusts down for smaller heads. Masks available in titanium, chrome or black. One size fits all. Best helmet and most widely used.	Lacrosse Helmet with CPX-R Face Guard - Size: One Size	\$290	
Cascade	SY	The pinnacle of protection for youth players. The S (Youth) incorporates the new tri-liner system and VisionBar facemask. Youth size.	Youth Lacrosse Helmet with SY Face Guard; Size - One size	\$160	

Brand	Model	Description	Sizing	Price	Picture
Cascade	CS	Considered by some to be the best junior helmet.	Lacrosse Helmet with CS Face Guard; Size - One size	\$420	
Cascade	CS-R	Elite youth helmet. For Under 12 players. Discontinued as replaced by CPV-R. Technology slightly outdated.	Lacrosse Helmet with C-SR Face Guard; Size - One size	\$200	
STX Rival	680000	Features a built-in pump and release to adjust your fit on the fly. And, with a 70% increase in ventilation over the Stallion model, the integrated ventilation throughout the shell allows air to flow through the helmet, keeping you cool even when the game gets hot.	Sizes S/M (6 - 7) and L/XL (7 - 7-9/16); with 681005 Rival faceguard	\$405	

Brand	Model	Description	Sizing	Price	Picture
Stallion 100	655015 (Stallion 500 guard)	The STX Stallion 100 is designed for the youth player. The helmet blends EVA foam protection and a unique liner to provide safety and comfort where it's needed most. An elastic adjustability system offers built-in straps in the back of the helmet to allow the best fit. Available in three sizes - Youth XS, Youth S, Youth M/L.	Faceguard mounted on Medium/Large helmets	\$185	
Stallion 650	655060	The STX Stallion 650 lacrosse helmet is designed specifically with the elite player in mind. STX partnered with Schutt, a leader in NFL football manufacturing, to produce lacrosse helmets with advanced technology, superior protection, and enhanced comfort.	Faceguard mounted on size Small and Medium Stallion 650 helmets	\$265	
Warrior Burn	CBH20, BHCRM20, BHMAT20, BHCHR20, BHCFB20, BHD120, BHD220, BHD320, BHD420	Jaw protection is an integrated chin piece flowing into the shell of the helmet adding an extra layer of protection to the cheek and jawbone. The BOA Closure System surrounds the head 270 degrees, giving players a custom fit helmet for safety and comfort by allowing micro-adjustability on the fly. Meets/Exceeds all NOCSAE Standards and SEI Certifications	Sizes: Small, Medium, Large	\$349 lacrossegear.com.au	
Burn JR	BJRH19	Specifically, for players under 12 years of age.	Size: Men's Youth	\$145	

GLOVES

Brand	Model	Description	Sizing	Price	Picture
Epoch	Lacrosse iD	The iD Glove comes with a flexible thumb that will keep your hands nimble providing maximum feel and control over your stick. In addition to a triple foam stack which is a highly breathable textured fabric which increases ventilation as well as serves as additional protection for your hand. Only comes in white.		\$120	
STX	Stallion 50	Ventilated palm and gussets for improved breathability. Lightweight construction in a robust polyester shell. Aspirational back-of-hand design. Skill Level: beginner.	Youth	\$68	
Brine	King Superlight 2	The Brine King Superlight Lacrosse gloves are lightweight and offer excellent mobility and flexibility. It is available in multiple sizes of 12 to 13 inches. Only adult sizes.	Only available in adult sizes	\$115	
STX	Cell 3	Dual-density foam throughout the glove with strategic placement of polyethylene plastic board. New Stretch-Thumb provides improved thumb flexibility and rotation. Seamless vents on palm improve airflow, keeping hands cooler and drier. It has an attached cuff where most players prefer a floating cuff.	S, M and L	\$190	

Brand	Model	Description	Sizing	Price	Picture
Maverik	M4	<p>The M4 lacrosse gloves by Maverik is the latest entry in their M Line collection. The design of the M4s is quite appealing. Sharp designing lines, coupled with the fantastic texture, provides users the best combination to have. The prominence mesh on the palm provides an additional and useful grip to the customers. As the palm gives you a fantastic grip, it is a prominent feature of this glove. Mesh on palm is not very durable.</p>	<p>S (10") M (12") L (13")</p>	\$190	
Warrior	Regulator Lite	<p>Dual-density foam construction provides light weight, all-around protection. Truvents in the backhand and palm improve airflow to hands keep cool and dry. Textured Nash palm provides improved feel and durability. Floating cuff provides added Protection while the wrist is flexed</p>	M (12")	\$145	

ARMGUARDS

Brand	Model	Description	Sizing	Price	Picture
Maverik Lacrosse	Rome NXT Arm Guard	Players say these are the arm pads lacrosse players need if they want a lightweight design that still offers a respectable amount of protection. These arm pads are also nice because they're available in multiple colors. Reviewers say these guards run a bit small with their sizing. If you're trying to decide between two sizes, you may be better off getting the larger size.	M and L	\$95	
Maverik Lacrosse	M3 Arm Pad	Players say these are some of the best lacrosse arm pads as far as style and comfort are concerned. Mainly for children. These arm pads only have a 30 day warranty. Unfortunately, the stitching is done very close to the edges. Many parents have said that this unfortunately results in the stitching coming undone after a few months.	Large	\$72	
STX Lacrosse	Clash Junior Arm Pad	These lacrosse arm pads are highly breathable and offer solid protection. They're best for the child who likes to work hard and have his play call attention to him. They're not as good for players who are more concerned with how they look.	S, M	\$54	
STX	Cell Lacrosse Arm Pad	These are some of the best lacrosse arm pads because they're breathable, adjustable for a comfortable custom fit, and are highly flexible. However, they offer only mediocre protection. They're a much better fit for players who use their agility to avoid checks and rough contact.	U/K	\$65	

Brand	Model	Description	Sizing	Price	Picture
STX Lacrosse	Cell 3 Arm Pad	The STX Lacrosse Cell 3 may be the best lacrosse arm pads on the market. These pads offer excellent protection while still being lightweight and flexible. These pads are also adjustable and slip-resistant. Good price at \$65,	S, M, L and XL	\$65	
STX	Cell 4 Lacrosse Arm Guards	New GeoFlex II™ technology is lighter and 25% more flexible. New breathable protection system allows air to flow through the pad to help keep you cool and dry. Hard plastic elbow cap is contoured and low profile to reduce bulk. Dual straps and silicone tape inside the sleeve help keep the pad in place. Full-length lycra sleeve for excellent comfort and moisture management	XS, S, M, L and XL	\$145	

GOGGLES

Brand	Model	Description	Price	Picture
STX	4Sight Form LE Plus Goggles	These are the most expensive girls' lacrosse goggles on the market. They are also one of the best fitting lax goggles out there. These feel like wearing custom lax goggles! The titanium cage is so lightweight, but protective. The oval wire design gives great visibility at any angle. They also meet all ASTM requirements. Goggles prevent acne breakouts and are anti-odour.	\$173	

STX	4Sight Lacrosse Goggles	The STX 4Sight is one of the most popular lacrosse goggles of all time. They are a lightweight lacrosse goggle made of protective, yet comfortable, silicone. These silicone lacrosse goggles don't absorb sweat or moisture to prevent acne breakouts. These STX lacrosse goggles meet all ASTM rules and fit easily over your lacrosse glasses.	\$55	
Cascade	Iris Girls & Womens Lacrosse Goggles	These goggles have minimal lines to provide great vision, they are very safe yet cheap lacrosse goggles. These goggles are designed to keep fogging and distortion away. Also, they eliminate rain beading and do not let the air flow affect your vision. Meeting the ASTM standards, these are fit for youth and adult lacrosse both.	\$43	
Brine	Vantage II Lacrosse Goggles	Excellent beginner and youth lacrosse goggles with good vision and fit. The low profile cage allows maximum visibility, but optimum protection. No fogging or itching when wearing these goggles. A dual head strap ensure they won't fall off and are tight enough. The Brine Vantage II lacrosse goggles will be a good fit!	\$43	
STX	4Sight Focus Womens Goggles	These 4 Sight Focus goggles are brand new from STX. The oval wire design gives excellent visibility anywhere on the field. Second, the comfort for these is great, especially because of the lightweight frame. The form-fitting silicone padding is super easy to clean and will NOT absorb sweat or water. No more breakouts of acne! These goggles meet ASTM F3077 standards. Customers have said that these goggles are a bit tight on adults. For youth, however, these are an awesome pick.	\$72	

DeBEER	Vista SI Womens Lacrosse Goggles	<p>The best deBeer lacrosse goggles in the sport. The deBeer Vista SI goggles are for the advanced or beginner lax player. Meeting all NFHS and college standards, these Tru-Vu vision system goggles are designed to reduce glare while on the field. The Cat-eye style lacrosse goggles wire frame increase your vision and improve protection. These are supposed to be tight and can be worn with glasses.</p>	\$30	
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