

Lacrosse America Sizing/Gear Guide

HELMETS	LEVEL	SIZES
Cascade Pro 7	High School/College	One-size-fits-all
Cascade CPX	High School/College	One-size-fits-all
Cascade CPV	Intermediate	XXS. XS. S/M. M/L
Cascade CLH2	Beginner/Intermediate	XXS. XS. S/M. M/L
Brine Triumph XP	High School/College	XS. S/M. M/L. XL.
Warrior Trojan	High School/College	One-size-fits-all

SIZING GUIDE FOR HELMETS

CLH2

HELMET SIZE - HEAD CIRCUMFERENCE (IN INCHES)

XXS- 19 5/8 TO 20 1/2

XS- 20 5/8 TO 21 1/4

S/M- 21 1/2 TO 23 5/8

M/L- 23 5/8 TO 24 1/4

CPV

HELMET SIZE - HEAD CIRCUMFERENCE (IN INCHES)

XXS- 19 5/8 TO 20 1/2

XS - 20-5/8 TO 21 1/4

S/M - 21 1/2 TO 23 5/8

M/L - 22 3/4 TO 24

CPX & PRO 7 typically do not fit players not yet in high school. Since they are a one-size-fits-all helmet, we recommend you try one on before ordering.

Human heads vary in shapes and sizes, and unfortunately, helmet manufacturers cannot make a custom fit for each individual player. The manufacturers, however, have developed fitting systems for their helmets to help each player be as comfortable and as safe as possible. A helmet that's too big is dangerous, and a helmet that is too small is a major pain, literally. The Pro 7, CPX and Brine Triumph XP designed for the advanced player, typically worn by HS players and older, while the CPV and CLH2 are geared towards the younger player.

Equipment

SIZES

GLOVES

8 IN, 10 IN, 12 IN, 13 IN

There are a wide variety of styles for gloves. Some gloves are slimmed down, to create the feeling that the player isn't wearing gloves at all. Some gloves are bulkier, giving the player more protection. Typically, attackmen and offensive-oriented midfielders wear bigger gloves to provide more protection for the constant beating their hands will take during the course of a season. All-around midfielders and defesemen usually wear gloves that are of the slim-downed variety, since they are lighter and tighter. Defenders are the ones dishing out the hits, so protection isn't a priority as much as comfort.

Pads and Gloves

Age	Weight	Glove Size	Pad Size
Under 5	Under 80 lbs	8"	XS
6-8	81-105 lbs	10"	S
9-13	106-150 lbs	12"	M
14+	151+ lbs	13"	L

Choosing a Head

When it comes to deciding what lacrosse head to buy, there are a few factors to keep in mind. One factor is a head that is flexible vs. a head that is stiff. Stiff heads are usually a little heavier, and typically used by defensemen for strong, effective checks. Some heads have more flexibility, which can be useful for picking up ground balls and dodging. Another factor is the width of the head. The difference between a wide head and a narrow head may only be 1 inch, but that inch makes a lot of difference to a lacrosse player. Narrow heads are typically used by offensive oriented players. The narrow heads provide better ball retention and create a tighter "channel" in the pockets for better accuracy. Wide heads are typically used by defensive oriented players. Wide heads are more forgiving when it comes to catching a pass, especially if it is on a defensive stick. Long sticks are hard to handle, so wider heads make it easier to pass and catch. Also, defenders like the extra width because they will be able to intercept passes easier. At the end of the day, however, there is no right or wrong head for a position or player. It is all about the players' preference when it comes time to choose, so choose what you are most comfortable with!

Choosing a Handle

Similar to heads, there is no right or wrong handle for a player. It is all about the players' preference. If you are a younger player (ages 8-12), you really don't need anything more than an aluminum handle. They are inexpensive, and not very durable, but at a young age, the players are not strong enough to really do any serious damage to the handle. Composite handles are also good for kids in the age group. Once a player becomes a teenager, it may be a good idea to ditch the aluminum, and pick up an alloy handle. Alloy handles are the most commonly used handle in the game. Lightweight and strong, the alloy handles prove to be very durable. The Warrior Kryptolyte is a perfect example of an excellent alloy handle. When the alloy is not enough, and you need something insanely strong, your best option is a titanium handle. Titanium handles are not indestructible, but they are close.

