

To participate in Charlton Youth Soccer, we recommend the following soccer equipment:



Shin Guards

The three most common types of shin guards are: (a) sock and shin guard already together; (b) shin guard with ankle support; and (c) one strap shin guard without ankle support. If you buy the first, you don't need a sock since it already has one. The other two need a long sock to go over the shin guard to keep it in place. The shin guard needs to be comfortable and secure.

Cleats

Cleats are designed differently for each sport. Those made for football and baseball are very different from soccer, so please be sure that your child is wearing **soccer cleats**.

Soccer Ball

- Size 2 and 1 Promotional soccer balls
- Size 3 = Under 8 years (U6)
- Size 4 = Ages 8 and 12 years (U8, U10, U11, U12)
- Size 5 = Ages 12 and up (U14+)

Mouth guard

While a soccer mouth guard is not required, it is **HIGHLY RECOMMENDED**. Follow the directions on the package to mold it to your child's mouth.

Water bottle

Experts advise your child drink fluids, preferably water or a sports drink, before, during and after practices/games, even in the cold weather, to avoid dehydration or heat illness. Your child needs his/her own personalized water bottle and a reminder to drink 5 to 9 ounces (10 to 18 1/2 ounce "gulps") every 20 minutes during activity, depending on weight.

Headgear

Headgear is becoming more popular in soccer, particularly among youth players. Light and shaped like a headband, it is designed to soften the impact of heading the ball. It has also been shown to reduce the likelihood of injury in the event of two heads clashing.

No jewelry may be worn when playing. This includes studs (even if they are taped). Please plan accordingly