

# ALTUS SOCCER CLUB

## EQUIPMENT LIST

(A jersey is provided. 100% polyester.)

### REQUIRED:

1. Shinguards (must be covered by socks, even if the type that look like they already are). Shinguards **MUST** be worn at ALL practices AND games!
2. Ball: (Determine age group by checking age group chart(s)- Available near bottom of "Registration" page.)

Age Group	Ball Size
U-06	3
U-08	3
U-10	4
U-12	
U-14	5

3. Water, water, water!!! (They get hot running around at PRACTICE AND GAMES.)

### **OTHER GEAR...**

1. Shorts/pants-NO pockets. (Most players wear black.)
2. Cleats are optional. Must NOT have "toe" cleat!
3. Don't forget to wear a long-sleeved shirt under jersey, and long pants on cold days!