

# **User Manual Goalie Gear**

## ***Kickers:***

- Kickers with the straps running through the kicker must always be closed, also when you're not wearing them. This reduces the tension on the straps so they don't cut into the kickers.

Kickers with the straps running on the outside of the kicker must be left open when not in use.

- Don't tighten the front straps too much.
- Always use 2 straps. This reduces the tension on the straps so they don't cut into the kickers.

When the front strap shoots over your toes you can use an intermediate strap between them to keep them together.

Other options are:

- Cutting off stubs from your shoes
- Using tie-rips to keep the straps together.
- Change kickers between left and right often. This way they will wear more evenly and they will keep their damping. There is no difference between left and right.  
If you do this from the start the kickers won't form to your feet and you won't have any jumping balls when switching them.
- The tongue of new kickers usually rubs over your shin. This can be avoided by tensioning them with a piece of rope or an old legguard strap. Also you can use a blow-dryer to heat the foam a bit to speed this process.  
Other options are:
  - Junior shinguards
  - A pair of socks wrapped around your shins

## ***Helmets elbowguards, bodyprotectors***

- Undo all elastic straps after use. This way they will keep their elasticity a lot longer
- Never throw with your helmet. Even if the game was a total failure, your helmet is not to blame.

## ***Pants***

- Put on your pants without shoes. If you do you will rip the inside of your pants.
- Always (if applicable) wear an outer shell over your girdle.

## ***Transportation/storage***

- Don't cram your gear into a car or locker, don't sit on your bag and don't throw with your gear.
- When putting gear in a locker or storage leave your bag open or, even better, unload your bag. This way your gear can ventilate and dry.
- Don't leave your gear in a hot car or in direct heat or sunlight. Heat is bad for foam.

## ***Maintenance***

- Sweat is an aggressive substance. So clean your material regularly with lukewarm soap or take them with you under the shower after a game or training. Some gear, like most pants and bodyprotectors, can be washed in the machine. Remember to take out the padding before washing them and read the washing prescription
- Check your equipment after every game or training. This way you have time to repair or tweak before you next need them.