



GEAR GUIDES



UNIFORM ORDERING

A uniform must be ordered if any of the following apply:

- Your child is playing with the club for the first time and he/she does not have a uniform
- Your child is playing on a Travel team for the first time
- You are requesting a replacement uniform item for your child
- Soccer Source has emailed you concerning a jersey number conflict

**If using a hand-me-down in-house league jersey, please alert Soccer Source that you do not require a new jersey. Email Sue at sue@soccersourceteam.com*

**Please wait to order from Soccer Source until you receive an email from Soccer Source. They need to put you into the system before you can use the system.*

Ordering: Go to www.soccersourceteam.com

***Username:** email address (the one used to register for soccer)

***Password:** Tryout Team AND D5/D6 travel players - natravel (*lowercase and no spaces*)
In-house (rec league) players - narec (*lowercase and no spaces*)

Order by: **Tryout team players – June 30 (fall season) and Feb. 15 (spring season)**

D5/D6 Travel players – July 24 (fall season) and Feb. 26 (spring season)

Inhouse (Rec) players – July 31(fall season) and Feb. 26) (spring season) to get your order for the start of the season.

- Look for an email from Soccer Source, in January/February for Spring season and June/July for Fall season or a couple of days after you register to play, with additional uniform information. If you do not receive this additional email or cannot login as directed above, please contact uniforms@soccersourceteam.com for help.

Required items include: (See chart below to determine the type of uniform your player will need.)

- In-house/Recreational players are required to wear shorts, socks, shinguards and soccer cleats and the official NASC In-house Reversible Jersey
- Travel players are required to wear shinguards, soccer cleats and the official NASC Travel uniform

Age Group	Try-out Status	Uniform Type
U6		Inhouse Reversible Jersey
U7		Inhouse Reversible Jersey
U8		Inhouse Reversible Jersey
U9	<i>and are playing Inhouse/Rec</i>	Inhouse Reversible Jersey
	<i>and made a try-out Travel team</i>	Travel 4 Piece Uniform*
U10	<i>and are playing Inhouse/Rec</i>	Inhouse Reversible Jersey
	<i>and made a try-out Travel team</i>	Travel 4 Piece Uniform*
U11		Travel 4 Piece Uniform*
U12		Travel 4 Piece Uniform*
U13		Travel 4 Piece Uniform*
U14		Travel 4 Piece Uniform*
U15		Travel 4 Piece Uniform*
U16		Travel 4 Piece Uniform*
U17		Travel 4 Piece Uniform*
U18		Travel 4 Piece Uniform*
U19		Travel 4 Piece Uniform*
U20		Travel 4 Piece Uniform*

* Travel uniform consists of a required gold jersey, white jersey, shorts and socks.



U5/U6 AGE GROUPS

All players are required to supply some equipment each season.

Here is a breakdown:

UNIFORMS

- **JERSEYS:** White/yellow reversible jersey (may reuse a hand-me-down or one purchased previously). **New jerseys must be purchased through Soccer Source. Any other uniform items or gear may be purchased through Soccer Source or elsewhere.*
- **SHORTS:** Black soccer shorts (any brand).
- **SOCKS:** Black soccer socks (any brand).

GEAR

- **SHIN GUARDS:** Make sure sizing is correct. (Shin guards worn under soccer socks).
*Shin guard information may be found [HERE](#). It is recommended your player try on shin guards as sizing varies per manufacturer.
- **SOCCER BALL:** Size 3 soccer ball (inflated).
- **WATER BOTTLE:** Players must bring own water bottle. There is no water source at fields.

OPTIONAL GEAR:

- **SOCCER SPIKES (molded cleats):** Tennis shoes may be worn, but soccer spikes provide a better experience and offer better traction, especially on a wet surface.
*Soccer spikes information may be found [HERE](#). It is recommended your player try on soccer spikes as sizing varies per manufacturer and may differ from traditional shoe sizing.
- **SOCCER BACKPACK:** Can hold water bottle, soccer ball, extra clothes, etc.
- **RAIN JACKET:** Player may wear when weather is poor.
- **SWEATSHIRT/COLD-WEATHER COMPRESSION SHIRT:** Helps keep players warm.



U7/U8 AGE GROUPS

All players are required to supply some equipment each season.

Here is a breakdown:

UNIFORMS

- **JERSEYS:** White/yellow reversible jersey (may reuse a hand-me-down or one purchased previously). **New jerseys must be purchased through Soccer Source. Any other uniform items or gear maybe be purchased through Soccer Source or elsewhere.*
- **SHORTS:** Black soccer shorts (any brand).
- **SOCKS:** Black soccer socks (any brand).

GEAR

- **SHIN GUARDS:** Make sure sizing is correct. (Shin guards worn under soccer socks).
**Shin guard information may be found [HERE](#). It is recommended your player try on shin guards as sizing varies per manufacturer.*
- **SOCCER BALL:** Size 3 soccer ball (inflated).
- **WATER BOTTLE:** Players must bring own water bottle. There is no water source at fields.

OPTIONAL GEAR:

- **SOCCER SPIKES (molded cleats):** Tennis shoes may be worn, but soccer spikes provide a better experience and offer better traction, especially on a wet surface. **Highly recommended*
**Soccer spikes information may be found [HERE](#). It is recommended your player try on soccer spikes as sizing varies per manufacturer and may differ from traditional shoe sizing.*
- **SOCCER BACKPACK:** Can hold water bottle, soccer ball, extra clothes, etc.
- **RAIN JACKET:** Player may wear when weather is poor.
- **SWEATSHIRT/COLD-WEATHER COMPRESSION SHIRT:** Helps keep players warm.
- **SOCCER FIELD PLAYER GLOVES:** Warms hands in adverse conditions.



U9/U10 IN-HOUSE AGE GROUPS

All players are required to supply some equipment each season.

Here is a breakdown:

UNIFORMS

- **JERSEYS:** White/yellow reversible jersey (may reuse a hand-me-down or one purchased previously). **New jerseys must be purchased through Soccer Source. Any other uniform items or gear maybe be purchased through Soccer Source or elsewhere.*
- **SHORTS:** Black soccer shorts (any brand).
- **SOCKS:** Black soccer socks (any brand).

GEAR

- **SHIN GUARDS:** Make sure sizing is correct. (Shin guards worn under soccer socks).
*Shin guard information may be found [HERE](#). It is recommended your player try on shin guards as sizing varies per manufacturer.
- **SOCCER SPIKES (molded cleats):** Make sure sizing is correct.
*Soccer spikes information may be found [HERE](#). It is recommended your player try on soccer spikes as sizing varies per manufacturer and may differ from traditional shoe sizing.
- **SOCCER BALL:** Size 4 soccer ball (inflated).
- **WATER BOTTLE:** Players must bring own water bottle. There is no water source at fields.

OPTIONAL GEAR:

- **SOCCER BACKPACK:** Can hold water bottle, soccer ball, extra clothes, etc.
- **RAIN JACKET:** Player may wear when weather is poor.
- **SWEATSHIRT/COLD-WEATHER COMPRESSION SHIRT:** Helps keep players warm.
- **SOCCER FIELD PLAYER GLOVES:** Warms hands in adverse conditions.



U9/U10/U11/U12 TRAVEL AGE GROUPS

All players are required to supply some equipment each season.

Here is a breakdown:

UNIFORMS

- **JERSEYS:** White jersey and yellow jersey (must purchase when doing travel for the first time; may reuse after that so long as Soccer Source does not notify us of a jersey number conflict on a future roster).
- **SHORTS:** Black soccer shorts (any brand).
- **SOCKS:** Black soccer socks (any brand).

GEAR

- **SHIN GUARDS:** Make sure sizing is correct. (Shin guards worn under soccer socks).
*Shin guard information may be found [HERE](#). It is recommended your player try on shin guards as sizing varies per manufacturer.
- **SOCCER SPIKES (molded cleats):** Make sure sizing is correct.
*Soccer spikes information may be found [HERE](#). It is recommended your player try on soccer spikes as sizing varies per manufacturer and may differ from traditional shoe sizing.
- **SOCCER BALL:** Size 4 soccer ball (inflated).
- **WATER BOTTLE:** Players must bring own water bottle. There is no water source at fields.

OPTIONAL GEAR:

- SOCCER BACKPACK
- WARM-UP JACKET/PANTS
- RAIN JACKET/PANTS
- COLD-WEATHER COMPRESSION SHIRT
- COMPRESSION SHORTS
- SOCCER FIELD PLAYER GLOVES
- BEANIE HAT
- RUNNING SHOES
- SANDALS
- EXTRA SHOELACES, SHIRT, SHORTS, UNDERWEAR, SOCKS
- GARBAGE BAG (Big enough to cover soccer bag in case it rains)
- GOALKEEPER JERSEY
- GOALKEEPER GLOVES
- VASELINE
- SHOE POLISH AND CLOTH
- ENERGY BAR
- SPORTS TOWEL
- SUN BLOCK
- INSECT REPELLENT
- MEDICAL TAPE
- HAIR BRUSH/HAIR TIES/HEADBANDS
- MOUTHGUARD



U13-U19 TRAVEL AGE GROUPS

All players are required to supply some equipment each season.

Here is a breakdown:

UNIFORMS

- **JERSEYS:** White jersey and yellow jersey (must purchase when doing travel for the first time; may reuse after that so long as Soccer Source does not notify us of a jersey number conflict on a future roster).
- **SHORTS:** Black soccer shorts (any brand).
- **SOCKS:** Black soccer socks (any brand).

GEAR

- **SHIN GUARDS:** Make sure sizing is correct. (Shin guards worn under soccer socks).
*Shin guard information may be found [HERE](#). It is recommended your player try on shin guards as sizing varies per manufacturer.
- **SOCCER SPIKES:** Make sure sizing is correct. Molded cleats are fine, along with screw-ins and turf-specific shoes
*Soccer spikes information may be found [HERE](#). It is recommended your player try on soccer spikes as sizing varies per manufacturer and may differ from traditional shoe sizing.
- **SOCCER BALL:** Size 5 soccer ball (inflated).
- **WATER BOTTLE:** Players must bring own water bottle. There is no water source at fields.

OPTIONAL GEAR:

- SOCCER BACKPACK
- WARM-UP JACKET/PANTS
- RAIN JACKET/PANTS
- COLD-WEATHER COMPRESSION SHIRT
- COMPRESSION SHORTS
- SOCCER FIELD PLAYER GLOVES
- BEANIE HAT
- RUNNING SHOES
- SANDALS
- EXTRA SHOELACES, SHIRT, SHORTS, UNDERWEAR, SOCKS
- GARBAGE BAG (Big enough to cover soccer bag in case it rains)
- GOALKEEPER JERSEY
- GOALKEEPER GLOVES
- VASELINE
- SHOE POLISH AND CLOTH
- ENERGY BAR
- SPORTS TOWEL
- SUN BLOCK
- INSECT REPELLENT
- MEDICAL TAPE
- HAIR BRUSH/HAIR TIES/HEADBANDS
- MOUTHGUARD



SHIN GUARD SIZING CHART

Use this as a general guideline. Shin guard information may be found [HERE](#). It is recommended your player try on shin guards as sizing varies per manufacturer.

Soccer Shin Guard Sizing Chart

Measure shin length from below kneecap to top of foot. If shin length is unknown, use full height to determine size.

SHIN LENGTH

Size	inches	cm's
S	8.3"-9.4"	21-24cm
M	9.4"-9.8"	24-25cm
L	9.8"-10.2"	25-26cm
XL	10.2"-10.6"	26-27cm

HEIGHT

Size	inches	cm's
S	3'3"-3'11"	100-120cm
M	3'11"-4'7"	120-140cm
L	4'7"-5'3"	140-160cm
XL	5'3"-5'11"	160-180cm

