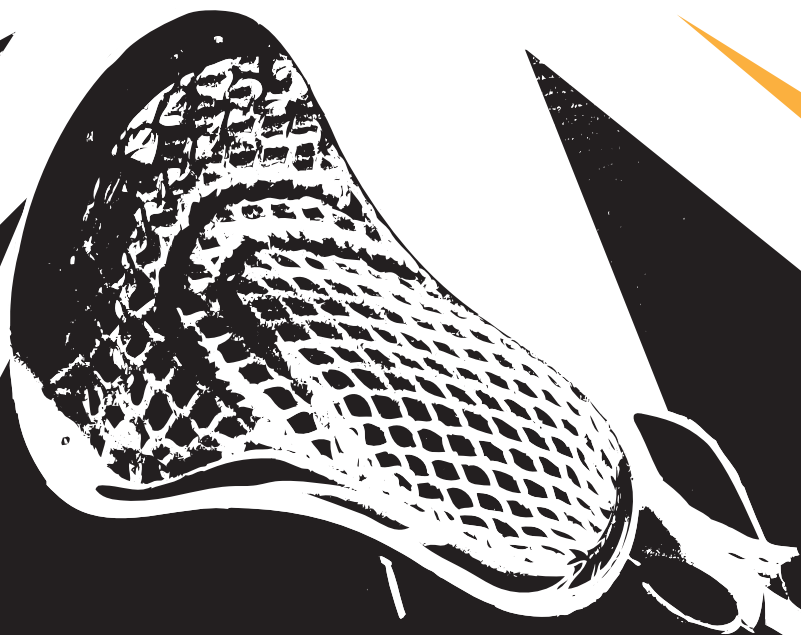


L A C R O S S E

STRINGING MANUAL



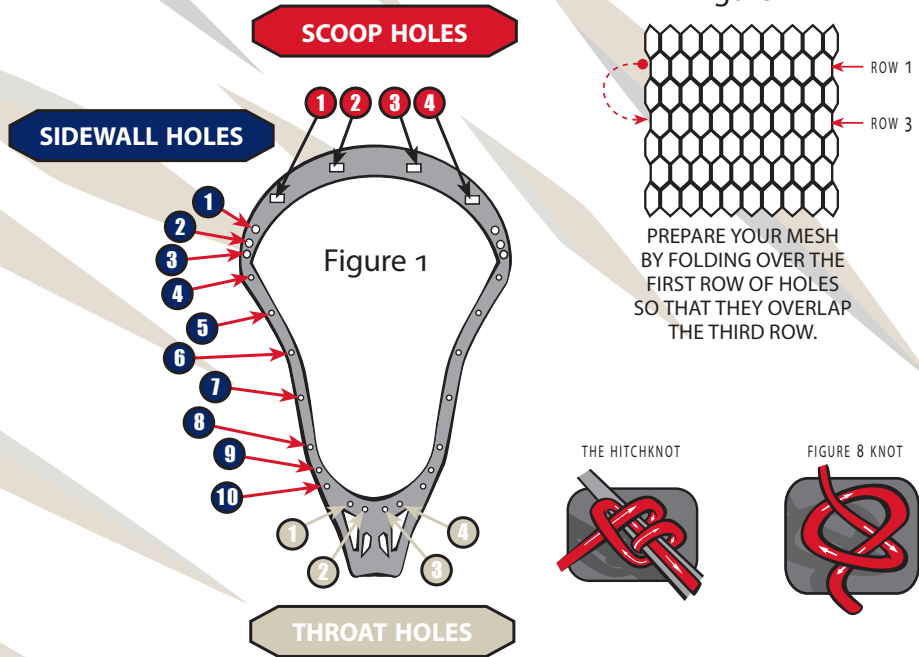
MESH POCKET



PRODUCT DEVELOPMENT BY THE WORLD'S BEST LACROSSE PLAYERS

GETTING STARTED

The Stringing Manual teaches the art of stringing lacrosse sticks. At first, the instructions may seem complicated, but if you follow this guide closely, you will be able to string your stick easily and effectively. If you study this guide thoroughly and practice your stringing, you will eventually be able to string the perfect stick every time, even without referring to the guide. The goal of the Stringing Manual is to provide lacrosse players with the knowledge and skills to create the pocket that will best suit their needs.



- 1. RECOMMENDED TOOLS:** Scissors and long-nose pliers to help grab and pull strings tight.
- 2. IDENTIFYING THE TYPES OF STRING:** The nylon string is smooth and shiny. The sidewall strings are rougher and duller. The shooting laces and Players Pocket Lace are flat like shoelaces.
- 3. USEFUL KNOTS:** The hitch knot and the figure 8 knot.
- 4. POSITIONING YOUR UNSTRUNG HEAD:** It is easiest to string while facing the back of the stick. Figure 1 shows the back of a stick with the holes labeled by number so that it is easy to follow along with the instructions.
- 5. PREPARING THE MESH:** Stretch the mesh apart at the top, and fold the first row of holes down so that they line up with the third row as shown in figure 2. Having the rougher side of the mesh on the inside of the pocket provides more grab on the ball. Determine the rougher side and make sure you fold the mesh over on the smoother side.

MESH INSTALLATION

ATTACH MESH TO SCOOP

STEP 1

PHOTO 1



PHOTO 2



THE HITCHKNOT

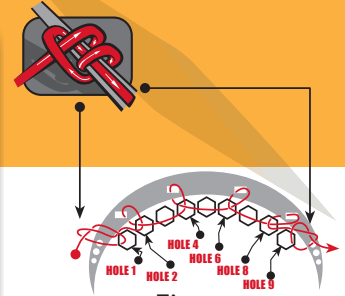


Figure 3

STEP 1: ATTACH MESH TO SCOOP

Using scissors, cut the nylon string into equal halves. It is easiest to lead your stringing with the tipped end of each string. Loop one of the strings through mesh hole #1 and sidewall hole #1, and secure with a hitch knot. Run string through scoop hole #1, back under the scoop, and up through mesh hole #2. After wrapping string around itself, repeat this process as figure 3 illustrates. Be sure to go through mesh holes #4, #6, #8, and #9 so that the pocket is even. Make sure to go back and tighten the string throughout the scoop and tie off securely at the other sidewall hole #1 with a hitch knot. To reinforce the mesh-scoop attachment, send the other string through exactly the same way, as shown in PHOTO 2.

STEP 2: ATTACH MESH TO SIDEWALLS

With the end tied off with a figure 8 knot, feed sidewall string through sidewall hole #3. For hard mesh, send the string down through two mesh holes and into the inside of sidewall hole #4. Wrap string around itself and then proceed downward, repeating the process for sidewall holes #5 and #6. For sidewall holes #7, #8, and #9, loop the string through only one mesh hole at a time, as PHOTO 3 shows.

STEP 2

ATTACH MESH TO SIDEWALL



PHOTO 3

FIGURE 8 KNOT



For soft mesh, do the same general attachment, but alternate between one and two mesh holes at a time. After reaching sidewall hole #9, go back and tighten the sidewall string to keep the mesh close to the sidewall, as PHOTO 4 illustrates, and tie off with a figure 8 knot. Repeat this process for the other sidewall, but remember that the spacing of the sidewall string and mesh holes should be the same for both sides to ensure a symmetrical pocket.

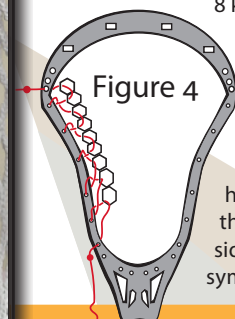
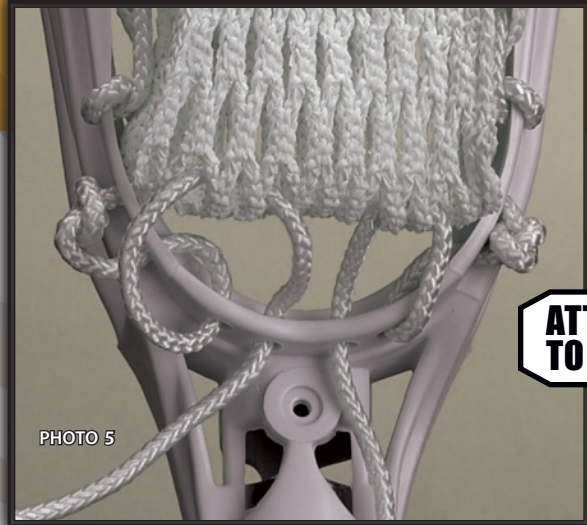


Figure 4

PHOTO 4

MESH INSTALLATION



ATTACH MESH TO THROAT
STEP 3

PHOTO 5

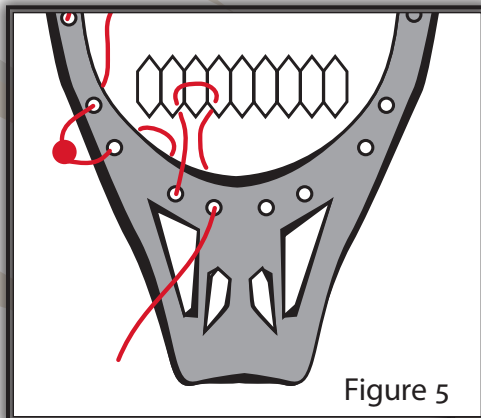


Figure 5



PHOTO 6

STEP 3: ATTACH MESH TO THROAT

Feed the bottom portion of the sidewall string into sidewall hole #10 and then back out throat hole #1. With the pocket slightly punched in, run the string up through mesh hole #2 in the row of mesh holes just above the lower ridge of the head as shown in figure 5. Staying in the same row of mesh holes, run string into mesh hole #4 and down through throat hole #2. Repeat steps with the other sidewall string, going through mesh holes #9 and #7 of the same row. Finally, tie strings off with a two-string figure 8 knot as PHOTO 6 illustrates.

THROWING STRING INSTALLATION



PHOTO 7

INSTALL SHOOTING LACE
STEP 4



PHOTO 8



PHOTO 10

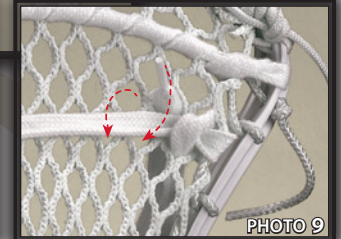


PHOTO 9

STEP 4: INSTALL SHOOTING LACE

Through sidewall hole #2, tie a hitch knot with the end of a shooting lace. Take the other end and run it across the back of the mesh (without twisting it), and insert it in the outside of the opposite sidewall hole #2. Wrap the lace around itself while going in and out of the mesh holes of alternating rows. The lace should remain between the same two mesh rows all the way across the pocket. When reaching the sidewall, tie off with hitch knot. Repeat the steps two mesh rows down, but instead of fastening lace to the sidewall holes, fasten it to the sidewall strings with figure 8 knots as PHOTOS 7-10 illustrate. The top shooting lace should be fairly tight and the bottom one should be slightly looser.

POCKET INSTALLATION

INSTALL PLAYERS POCKET LACE

STEP 5



PHOTO 11



PHOTO 12

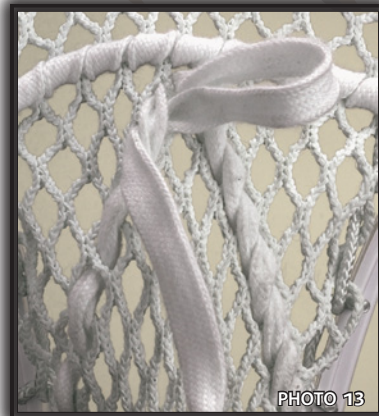


PHOTO 13

STEP 5: INSTALL PLAYERS POCKET LACE

Beginning just below sidewall hole #7, weave the lace through the mesh at a diagonal angle, as PHOTO 11 shows. It is important to keep the lace flat while weaving it through the mesh. When reaching one mesh row below the bottom shooting lace, make sure that you are in the exact middle of the pocket (four mesh holes on either side). Start weaving the lace back down the other side so that an upside-down V is formed. It is very important that the point of the V is perfectly centered, and that the lace is symmetrical. After reaching the last mesh hole, wrap the lace around the sidewall string and begin weaving the lace back up the V while at the same time wrapping it around the existing string. Try to keep the Players Pocket lace flat when wrapping it around itself and weaving it through the mesh holes. After completing the Players Pocket Lace, tie the ends of the lace to the sidewall string with figure 8 knots.

POCKET INSTALLATION



PHOTO 15



PHOTO 14

STEP 6

INSERT BALL IN BACK OF NET!



PHOTO 16

FINAL POCKET

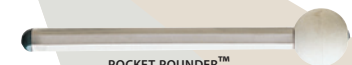


FINAL TOUCHES:

1. The ball-stop: Peel the backing off, and with the wider side toward the front, stick the stop to the middle of the throat section.
2. Screw head onto handle, but before inserting screw, make sure that the head is all the way on the handle and that the screw holes line up.
3. Cut off excess string and mesh hanging from head, but leave 1-2 inches for knot and adjustment purposes. To avoid fraying, either tie or tape the ends of string.

Breaking in your pocket: Use a Pocket Pounder to break in the pocket. Mesh is designed to expand to the desired depth simply through repeatedly beating in the pocket from the front and the back. If, after you have done this, you desire a deeper pocket still, loosen the sidewall strings at the throat. In order to get a feel for how the stick throws, practice against a wall or with a friend. If the ball hooks off the bottom of the scoop, you may need to tighten the shooting laces. Adjusting the tension of the shooting laces and the Players Pocket Lace will give you the pocket that best suits your needs.

4. You're Done! Now Go Kick Some @ss!



POCKET POUNDER™