

Equipment needs for joining a session with the colts.

Shin pads

Every player in all instances of playing football with Girton colts must wear shin pads during all training and matches. If you are not wearing shin pads you will not be able to participate.

Football boots

In order to play on grass you will need football boots with studs. Studs increase the grip of the foot on the ground to reduce slipping. There are many different sorts of studs available and they mainly fall into 3 categories; metal, plastic and moulded. All 3 are permitted, but you may want to be particular about the type you buy.

- Metal studs last the longest, but there are some artificial match surfaces in our league such as Swavesey who do not permit metal studs and as such you won't be able to play in those fixtures.
- Plastic studs are allowed on all grass and artificial grass surfaces and is probably a better buy.
- Moulded studs, are designed to be used on our astro / muga surface which is our artificial surface at Girton. The shoes are more trainer looking, but have many smaller rubberised studs underneath. The idea is that the shorter studs don't penetrate the surface but allow you to grip... where trainers you will just slip.

We use the muga when the sun sets early as we need the floodlit surface to play on.

If you are in a team then you will need both studs for grass and a pair of Astro/muga boots.

If you are in team builder we would suggest astro's first and then later in the season when we play friendlies on the grass you will need studs.

Socks, shorts, training top and rain coat

These items will be supplied to you from GCFC. You get to keep the socks, but everything else is property of the club and should you leave these items must be returned. We try to hold larger sizes, so if you grow out of your kit we can swap it out. Please see kit sizes pdf for your size. If you can email membership@girtoncolts.co.uk your sizes required, we will endeavour to get these to you as quickly as possible or to your next session.

Water bottle

Please make sure you bring a full water bottle to training

Small bag (not essential, but good to have)

in an ideal world you would bring a bag to hold your water bottle and pack of tissues and anything else you may need like goalie gloves etc. For teams with home and away kit, it might be a good idea to put your other top in your bag just in case you need it.

DON'T FORGET

To put your name in items please... esp raincoats 😊