



Equipment List

Light Resistance Band (TheraBand)

- Amazon Link: [Set of 3 bands](#) (\$13 set of three)
- Sky High should have available at the Shac Pro Shop In the next couple of weeks.
- Rohrsen Performance (limited supply) Email nrohsen@rohrsenperformance.com to order & schedule pick up (\$6/band)

Recommended Resistance

1. Age 12/13's Medium
2. Age 14/15's Medium Heavy
3. Age 16 + Heavy

Rationale: An open-ended band used for Rotator cuff exercises, designed to target the smaller muscles. These are critical exercises helping maintain shoulder health.

Lacrosse Ball

- Link: [Lacrosse Ball \\$6](#)
- Sky High should have available at the Shac Pro Shop In the next couple of weeks.
- Rohrsen Performance (limited supply) Email nrohsen@rohrsenperformance.com to order & schedule pick up (\$5/ball)

Rationale: helps to target joint mobility and trigger points effectively. Focuses on points i.e. Rotator cuff, Hip, and arch. This allows athletes to independently work out knots and other areas of soreness/fatigue that reduce mobility.

Strength Bands

- Link: [Resistance Band Set \(Amazon\) \\$37](#)

Rationale: Designed to add resistance and assistance in strength development. They assist in bodyweight exercises adding and subtracting weight based on their use. Bands offer diversity and a wide range of utility.

- Athletes may not use all sizes of bands, but may require a range based on the exercise. Younger athletes may only need 1 or 2 bands, older athletes may require 3 or even 4. Bands can be found on amazon for individual purchase and will typically range \$10-30.

Foam Roller

- Link: [Foam Roller \\$23](#)
- Purchase Details: 36" Foam Roller ideal but not required

Rationale: A foam Roller is a valuable piece of equipment that helps athletes warm up and cool down. It helps stretch out and activate their muscles Through a variety of different techniques and movements. They help reduce risk of injury improve performance and reduce stiffness, soreness, and muscle fatigue.

Jump Rope

- Link: [Jump Rope \\$6.99](#)

Rationale: Helps improve speed and vertical trains coordination and a variety of other athletic components. A jump rope is required every year as part of each Sky High Players equipment.