

## What to wear for Practice Matches

The Kashiwa nets we use for practice and indoor cricket are indoor tennis and futsal courts. The centre court also has markings of a cricket pitch. The Sharks train at Kashiwa once a month. There is also a Winter Indoor Cricket Competition.

**For Training:** Any clothes you are comfortable in are okay for training. It's always sweaty so make sure that you bring clothes to play in. Don't expect to play in your jeans and shirt that you wear to Kashiwa.



**Indoor Shoes:** Correct shoes MUST be worn at Kashiwa. The shoes must have *ALL white rubber soles*. Also okay are *futsal soccer shoes* – they have a natural beige colour.

Most sports stores will have them.

Futsal shoes will cost about ¥2800-¥4000. You can also buy them on-line at Sports Authority [here](#)



## Personal Equipment



Chiba Sharks have a team kit (bats, pads, gloves) and players are generally willing to lend other things. Players should buy their own 'box'. Buying from overseas is expensive if you include postage. Best is if you buy when you are back in your home country or someone can send them to you. But, there is some good baseball equipment available here. A 'box' here is called a 'Foul Ball Protector' (I am not kidding) and is about ¥1500 and any store that sells baseball goods has them.