

## HOW TO GRIP YOUR STICK

- Start from the top and secure your chamois over the existing grip with a piece of tape. Start the chamois at an angle.
- Slowly wind the chamois around your stick overlapping each turn by about ¼ “
- Keep the grip tight as you apply it
- Secure the end of the grip tightly with electrical tape or medical tape.



## HOW TO USE YOUR CHAMOIS

- Water well before each match and at half time for best results.
- The best way to do this is to lay your stick on the water based artificial turf with the bow facing upwards (so there is light below the stick).
- Pour the water all over the grip and then turn the stick over so the grip soaks up the water on the artificial turf.
- Squeeze the grip in your hands to remove excess water.

## HOW TO CARE FOR YOUR CHAMOIS

- Make sure you wet the grip before you play and then again when it gets dry.
- To prolong the life of your chamois, remove and wash with a normal bar of soap, rinse and leave to dry. Best done after every five uses.
- Use both sides of the chamois