



The Athlete's Foot **Indooroopilly, Forest Lake & Springfield** will be giving away a **Free Netball Gift Pack** with any purchase of ASICS Adult Netburners and a **Free Netball** with any junior ASICS Netburner purchases* – ***DON'T FORGET TO MENTION YOUR CLUB FOR THEM TO RECEIVE THE \$5 KICKBACK FROM YOUR SHOE PURCHASES.***

*Gift Pack consists of shoe bag, towel & water bottle. One gift per purchase – From 24 February 2009. While stocks last!



1. **Cushioning** - when stopping suddenly to pass or shoot, the force applied to your feet and legs during play can exceed your body weight by up to 6 times. That's a lot of stress – so cushioning is one of the most critical features of a netball shoe.
2. **Stability** – with so much stopping, starting and jarring action, stability is crucial in a good netball shoe. Look for a shoe which allows your foot to sit down inside the shoe and has a firm heel counter. There are also a number of lacing techniques that will help to customise the fit for added stability.
3. **Traction** – netball can be played on a variety of surfaces, a good outersole will allow you to pivot easier, provide grip and will ensure the shoe lasts longer. Different outsoles are better for different surfaces, so ask your The Athlete's Foot Fit Technician for advice.