

# What foot type are you?



## ROLLING IN

Around 50% of people have flat feet which tend to roll inwards. This can increase strain on ankles, knees and hips.



## NEUTRAL

Around 30% of people have neutral feet which still benefit from proper cushioning and support.



## ROLLING OUT

Around 20% of people have high arches and feet which tend to roll outwards, increasing the amount of force through the legs.

# NETBALL SHOES

## Find the perfect fit with our exclusive Fitprint® system



At The Athlete's Foot we believe it's important to get your feet measured every time you purchase new shoes. Ageing, weight change and injury can alter your foot size and shape. Using our exclusive Fitprint® system to identify the individual pressure points in your feet, our highly trained "Fit Technicians" will recommend the shoe that fits you best.

**Come in today for your FREE Fitprint® analysis.**

**Your local store:**



[www.theathletesfoot.com.au](http://www.theathletesfoot.com.au)  
[www.theathletesfoot.co.nz](http://www.theathletesfoot.co.nz)

# NETBALL SHOES



Netball is an intense, exciting sport that calls for every kind of movement imaginable. It is also a sport which is considered to be one of the most stressful on your legs and feet. Wearing the right shoes can reduce the chances of injury and strain while enhancing your performance and comfort. With such a variety of shoes on offer, choosing the right ones can be quite a daunting process but we're here to help.

## Everyone is Different

Everyone has a different style in the way they play, which means we all put pressure on different areas of our feet. Take a look at your old shoes and you may see a tell-tale pattern of where they wear out first. To compensate for the added pressure we put on different parts of our shoes, manufacturers have developed a variety of shoes to suit different foot types. Matching the shoe with your foot means added comfort, shoes that last longer and less chance of injury.

## Which Shoe for You?

Understanding that there are different shoes and different feet is a start, but matching your feet to the correct shoes can be difficult. That's where The Athlete's Foot "Fit Technicians" come in; we are expertly trained in the art of fitting shoes. Using the exclusive Fitprint® system, we can assess your individual foot type, against your footwear requirements and recommend a range of shoes that will provide the comfort and support you need.

## Important Features of Netball Shoes

- 1. Cushioning** – When stopping suddenly to shoot or pass during play, the force applied to your feet and legs can exceed your body weight by up to 6 times. No matter what your size, that's a lot of stress – so cushioning is one of the most critical features of a netball shoe.
- 2. Added cushioning** – With so much pressure on your feet, adding an innersole can help to provide you with extra support and cushioning. To get the best combination, innersoles should be fitted at the same time as your shoes.
- 3. Stability** – With so many stopping, starting and jarring actions, stability is critical 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 which will help to customise the fit for added stability.
- 4. Traction** – Netball can be played on a variety of different 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 "Fit Technician" for advice.

## Netball Tip

To sustain good traction when playing netball on indoor surfaces, keep the soles of your shoes dust free, using a damp cloth.

The Athlete's Foot®