



SOUTHRIDGE LACROSSE CLUB

REQUIRED Equipment/Apparel for Games and Practices

GIRLS

On uniform handout/photo day each player will receive a home and away game jersey and skirt as well as a practice pinny and a warm up jacket. All of these items must be returned at the end of the season. The following items are also required and the responsibility of the player/parent to purchase:

- ***Compression shorts or capris** to wear under game skirts (black)
- ***Turf Cleats** (soccer cleats are ok)
- ***Running Shoes**
- ***Goggles**
- ***Mouthguard**
- ***Stick**
- ***Dri-fit Shirts:** 1 black dri-fit AND 1 white dri-fit (available through the apparel order or purchase them on your own).
- ***Team Socks:** White Nike socks for home games. Black Nike socks for away games (available on the apparel order).

BOYS

On uniform handout/photo day each player will receive a home and away game jersey and shorts and a practice pinny. All of these items must be returned at the end of the season. The following items are also required and the responsibility of the player/parent to purchase:

- ***Helmet:** All black (This is the **shiny black** Cascade Helmet with black visor, black chin guard and black chin strap). Team helmet stickers are ordered by the league. We do not recommend the Warrior brand helmet since it cannot be re-certified/re-conditioned which is required every 2 years.
- ***Mouthguard**
- ***Gloves:** Must be all black or black with cardinal or white/gold accents only.
- ***Shoulder Pads:** Your choice here, but they must have shoulder caps and they must cover the chest below the ziphoid process. No modifications from the original manufacturer. The fit must also be correct. Your Coaches can help you with this if you are unsure.
- ***Arm Guards:** Your choice, but make sure that the important areas are covered; elbow, forearm, and bicep.
- ***Stick:** Must meet the OHSLA standards (highly recommend college level). Head (white or team colors). All players need to have a short stick and defenders will need both short and long poles. Hard mesh is recommended for stringing for our weather.
- ***Athletic supporter/cup**
- ***Turf Cleats:** must be all black or black with neutral colors with gold/cardinal accents.
- ***Compression Shorts:** to be worn under game shorts (black or white only).
- ***Dri-fit Shirts(Games only):** Short or long sleeved. All players must wear black under black away uniforms and white or cardinal under white home uniforms. (Available on the apparel order or purchased on your own). The cardinal color is hard to find so keep that in mind if buying on your own.
- ***Team Socks:** White Nike socks for home games. Black Nike socks for away games (available on the apparel order).