

## Getting Started Girls Lacrosse Equipment

### The Girls Lacrosse Stick

Shallow with very little pocket.

Has a thin shaft compared to a boy stick.

Many different types of mesh string combos are available.

The combined stick and head can be between 35.5 inches to 43.25 inches in length.

Please speak with your coach before you start cutting the shaft.



### The Eye Mask – Goggles - **Required**

Goggles protect the eyes. They feature an eye shield and a band that wraps around the back of the player's head to hold them in place.



### The Mouth Guard – **Required**

Bottom line – it must be a color – anything but white or clear.

Buying a case is a good idea.

Buying more than one is a good idea. They will get lost and you can't play without one.



### Lacrosse Gloves – **Optional**

Gloves help players hold on to the stick and also protect their fingers and hands from the ball or other sticks. Many girls' leagues (like ours) don't require players to wear gloves. Many players consider them optional and it is a personal preference.

