

The following are examples of lacrosse equipment needed for each player:

Stick:

For first timers you will likely want to just get a complete stick. This means it has the head, shaft, and net already assembled. Once your child gets into the game more you can buy everything separately and custom. You may see longer versions of the stick – these are defense sticks. These are not used for bantam (3rd-4th grade). If you are in an older group check with your coaches prior to purchasing one.



Helmet:

Make sure these fit well and the straps are adjusted so the helmet does not move much while they are moving. The majority of helmets worn are white, but they do come in a variety of colors (especially the used ones). There is no color standard for the team at this age, so if you get one that isn't white that's ok – the most important thing is it fits and protects the player's head.



Mouth guard:

The option shown above will allow you to strap it to the helmet.

**Shoulder pads:**

By 1/1/22 all player must have pads that meet the new National Operating Committee on Standards for Athletic Equipment (NOCSAE) sholder pad standards. The pad requirement has been revised to give additional additional protection for Commotio Cordis. Commotio cordis is a heart rhythm disruption that can be caused by a blow to the chest like a hard shot lacrosse ball. Each conforming pad must meet the NOCASE requirement, and most will have a tag detailing that it meets the standard. The new pads are going to be \$60+ from most stores. Unfortunately, since it's a new standard there are not going to many options for new pads. There may be some now that we have gotten through a season but make sure you are sure the set you are getting complies as some used stores are still selling the old non-compliant ones.



Arm/elbow pads:

There are a wide range of these. Like everything else make sure they are well fitting. Too tight will constrict the arm and too loose will slip.

**Gloves:**

These shouldn't be too big, and the ends shouldn't curl over.



Cup:

You should have a couple sets – typically there are going to be multiple days during the week they will need one with practice and games. These need to be worn - they may have been able to get away without wearing one in other sports, but it is a necessity for lacrosse.



Shoes:

They will need cleats. There are specific lacrosse cleats
But football cleats work fine.



Other items:

- Water Bottle – depending on how good your kid’s aim is they can use the Gatorade type ones to squirt in their mouth but the water bottles with a built-in straw seem to be the easiest. You can use normal water bottles but those work best if your child is able to take off and putt on their helmet by themselves
- A bag to carry everything – these can be a backpack or a long lacrosse duffle (or any other bag that you fit everything in).

**Where to buy:**

The equipment can be found new or used (minus the obvious ones, and likely the new shoulder pads). You may want to start out used if you think your child may not be hooked yet plus all of this added together can be a big investment new. One recommendation is to at least visit one of the stores that are located in the area listed below and have your child

try the equipment on or to talk to a friend that plays that is similar size and try on their stuff to make sure you have the right size before buying on-line.

Used

Brick & Mortar Stores

- Play-it-Again Sports has a good selection at their Twinsburg (8870 Darrow Rd) and North Olmsted (25151 Lorain Rd) locations. Other locations like Lyndhurst may have equipment as well but you best bet is a location that has schools in the area that play the sport.

Online Stores

- eBay
- Sidelineswap.com
- Play-it-again looks like they have an online site too

New

Brick & Mortar Stores:

- Step-In Sports - 5 N Franklin St, Chagrin Falls.
 - This store probably has the largest selection of new equipment in the area. Head to the back and go down to the basement.
 - A lot of their sticks are separates (you can pick the head, shaft, and mesh separately) but they also have complete ones.
- Dick's Sporting Goods – typically the bigger locations have some baseline lacrosse equipment but from experience Crocker Park has had one of the bigger selections in the past. Many of the Dicks stores are starting to carry more gear

Online Stores

- Amazon
- Lacrossemonkey.com
- Lax.com
- Lacrossefanatic.com
- Lacrosseunlimited.com
- Sportstop.com
- And many others – just search for lacrosse equipment

Pricing – this is just a range to give you an idea of pricing for the main equipment.

Sticks

- Used: \$30-\$50
- New: \$50-\$100 (complete stick)
- Custom (needing assembly): \$80-\$200

Helmets

- Used: \$40-\$75
- New: \$100-\$150

Shoulder pads (Hard to find used pads with the new safety standard)

- New: \$55-\$150

Arm/elbow Pads

- Used: \$10-\$25
- New: \$20-\$40

Gloves

- Used: \$20-\$30
- New: \$30-\$75

There are new “kits” available that include all the pads and helmet with some options including a stick. These can be a good option but if you have a kid with a bigger head you may want to try one that doesn’t have a helmet or buy everything separate.

Another option is talk to your friends – they may have gear they aren’t using. You could potentially borrow some prior to getting your own

Additional info – Bees Lax will provide an initial pinnie for each kid through the registration fee. If your child ends up playing goalie, the club will also provide goalie equipment. There may be additional items you may want to get if they do play goalie, but the coaches can help out identifying options.