

Bees Youth Lacrosse Equipment Guide for Girls

- Uniform
- Helmet
- Girls Lacrosse Stick (they differ from boys) o Cleats
- Mouthguard – CAN NOT BE CLEAR. Must be a color.
 - Be sure to get an orthodontic-approved mouthguard if your daughter has braces.
- Gloves (optional)
- Sports bag
- Water bottle
- Goalie equipment (Club provides equipment; you can also purchase items)

Where To Buy

Price ranges in this guide represent average ranges for new equipment. If you have any questions regarding equipment, please reach out to the coaches.

Brick and mortar stores:

- Dick's Sporting Goods (multiple locations, Crocker tends to have a good selection)
- Play-It Again Sports (multiple locations)
- Stringers Society Lacrosse (129 Southwyck Dr., Chagrin Falls)
- Fortis Sports (5 N. Franklin St., Chagrin Falls)

Online Options:

- Lacrosse Unlimited
- Lacrosse Monkey
- The Lax Shop
- SportStop
- STX
- Amazon

Uniform:

- All **new** players will receive a uniform as part of their fees.
- All returning players will be responsible for purchasing a new uniform when sizing up.
- The uniform must be worn at games.
- The top is reversible and can be used for both home and away games
- The players can wear layers or heat gear under their jerseys, but not over them; Black should be the only color worn under the uniform.

Equipment Specifications

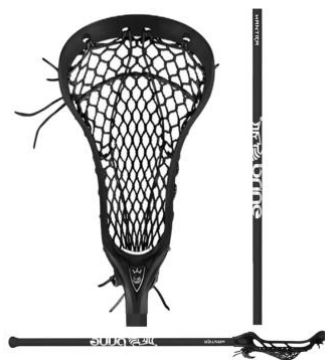
Helmet:

- For player safety, the Bees program requires all ages to wear a helmet, which is included in the price of your new member fees.
- Other teams, such as summer club teams and the high school level, permit the use of lacrosse goggles for eye protection instead of a helmet



Girls Lacrosse Stick:

- Each player will need to have their own **girls** lacrosse stick (Boys have different sticks and pocket sizes)
- Girls sticks are one size for every position except for goalies
- Each stick is required to have a butt (plastic stopper at the end of the stick), a shaft (the stick), and a head (the net)
- There are some youth sizes available, but we recommend a regular stick as 3-4th graders will start to outgrow their stick
- A majority of sticks will come assembled or “complete”. For assistance with re-stringing or adjusting the stick, please reach out to the coaches
- There is a range in prices and brands available; You will see some advertised by skill level (beginner, intermediate, advanced) or position (attack, midfield, draw, and defense)
- Skill level will often correlate with price and positional differences in sticks will be more relevant as the girls approach high school level
 - Lower: \$40-\$100 (good for beginners)
 - Middle: \$100-\$200
 - Upper: \$200+



Cleats:

- Each player will need a pair of cleats, as games and practices are on turf and grass fields
- Below are examples of lacrosse cleats; however, soccer or football cleats work as well.
- The black cleats show a higher ankle support option that some players prefer, particularly if they have had ankle injuries. The red and white cleats show the lower ankle option
- Average Price Range: \$40-\$120



Mouthguard:

- Girls are required to wear a mouthguard during the game and in practice; Please ensure it is molded to help maximize protection
- Per US Lacrosse rules, mouthguards cannot be clear or white or have fangs or other markings. If your player wears one in a game they will be required to leave the field and return with a legal mouthguard.
- We recommend a case to avoid losing the mouthguard. We also recommend having a backup in the event coaches do not have enough on hand.
- Average Price: \$10-\$15 (Example below)



Gloves (Optional):

- This is an optional item that is helpful in colder or inclement weather
- Lacrosse/sports gloves help the girls grip their stick and keep their hands warm during adverse weather conditions; Some prefer them year-round
- Average Price: Range: \$15-\$40



Sports Bag and Water Bottle:

- For practices and games, players will need to bring a water bottle
- It is recommended that a player has a sports bag to hold their equipment and stick; There are bags that come with a slot to hold their stick (example below) or a stick bag
- The Bees program will also have a bag available for purchase as part of the spirit wear order. Those bags may not be available until after the season is underway.
- Average Price: \$35-\$80



Goalie Equipment:

- Goalies need the following equipment that differs from field players:
- Goalie stick
- Goalie gloves
- Goalie helmet with chin strap and neck protector o Chest protector
- Leg pads
- Shin pads
- Elbow and knee protectors (optional)
- Men and women's goalies wear similar equipment, so some gear will be marked as unisex and can be utilized
- We encourage you to reach out to the coaches first to see if you can borrow these items if your daughter is interested in the position before investing in the equipment.

