

Girls Lacrosse Stick Recommendations:



Price Range \$100 or less (List Price):

- 1) [Maverick Ascent or Maverick Erupt](#)
- 2) [STX Lacrosse Fortress 300 Girls Complete Stick](#) or [STX Exult 400 Women's Complete Lacrosse Stick with 7075 Handle](#)
- 3) [Nike Lunar LT Complete](#) or [Victory Complete](#)
- 4) [Brine Dynasty](#)

Price Range \$100-\$200 (List Price):

- 1) [STX Crux Series: Pro Complete](#) or [STX Fortress 700](#)
- 2) [STX Crux 400 Women's Complete Lacrosse Stick with 7075 Handle](#)
- 3) [String King Womens Complete](#)
- 4) [ECD Infinity Complete](#) or [Nike Lunar Elite](#)

Price Range \$200+ (List Price):

- 1) [STX Exult Pro](#) or [STX Aria Pro](#)
- 2) [Gait Apex](#) or [Gait Air 2](#)
- 3) [ECD Women's LE Pro](#)
- 4) [Maverik Ascent Plus Women's Complete Lacrosse Stick](#)

Key Considerations:

- 1) Some well known, lacrosse specific brands include STX, Gait, Maverick, ECD, and String King; Other brands such as Nike and Under Armour also offer sticks
- 2) You can upgrade one part of the stick, such as the shaft or the head, instead of a full replacement; You can also restring the stick if the strings become worn or tear
- 3) As your daughter progresses in the sport, some sticks are geared toward certain positions (middies, draw) or skill/age level (beginner, intermediate, advanced)
- 4) Sticks can differ in the shape of their head, the grip on the shaft, etc. When looking at potential sticks, see if the stick is specialized for a position or skill level
- 5) [Fortis Sports](#) is a local store in Chagrin Falls with lacrosse knowledgeable staff that has sponsored our program. They carry sticks and equipment, as well as offer stringing services. It may be helpful for your daughter to try sticks in person
- 6) Online stores include Lax.com, Lacrosse Monkey, and Lacrosse Unlimited, and brand websites such as STX and Gait; Periodic sales exist at season-end or when new models are released
- 7) **Please feel free to reach out directly to coaches as they can help evaluate sticks for your daughter and provide a more personal recommendation**
- 8) For goalie gear, please reach out to Coach Nicole for equipment needs

Bees Youth Lacrosse does not receive any profit from provided links. These are purely recommendations made by coaches for those looking to invest in their first or backup stick, or to upgrade their stick.