

Girls Lacrosse Sticks 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](#)
- 4) [Brine Dynasty](#)

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

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

Price Range \$200+ (List Price):

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

Important items to consider:

- 1) 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.
- 2) As your daughter progresses in the sport, some sticks are geared toward certain positions (middies, draw). 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.
- 3) ****Please feel free to reach out directly to coaches as they can help evaluate sticks for your daughter, as this list is not exhaustive****
- 4) Fortis Sports is a local store in Chagrin Falls with lacrosse knowledgeable staff. They carry sticks and equipment, as well as offer stringing services. It may be helpful for your daughter to try a few sticks in person; Online stores include Lax.com Lacrosse Monkey, and Lacrosse Unlimited, and brand websites such as STX and Gait
 - a) Lacrosse stores will periodically have sales, particularly with new models/season-end

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.