

Bees Youth Girls Lacrosse Equipment Guide



Equipment Checklist:

- Uniform
- Helmet
- Girls Lacrosse Stick
- Cleats
- Mouthguard
- Gloves (Optional)
- Sports Bag and Water Bottle
- Goalie Equipment (If Applicable)

Where to Buy Equipment:

- Price ranges in this guide represent average ranges for new equipment
- If you have any questions regarding equipment, please reach out to the coaches
- Stores:
 - Fortis Sports in Chagrin Falls (Bees Lacrosse Sponsor)
 - Dick's Sporting Goods Locations
 - Play-It Again Sports Locations
 - Stringers Society Lacrosse
- 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

Helmet:

- For player safety, the Bees program requires all ages to wear a helmet
- Other teams, such as summer club and high school teams, permit the use of lacrosse goggles for eye protection instead of a helmet
- The cost of the helmet will be paid at registration and included in your first year fee (~\$160)



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 junior/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/Shoes:

- Each player will need a pair of cleats for the spring season, as games and practices are on turf and grass fields
- For some winter sessions, the teams may be at the Brecksville Fieldhouse or other indoor facilities where tennis shoes are required
- 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 support 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 (Example below)



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
 - Chest protector
 - Leg and 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 by all players
- We encourage you to reach out to the coaches first to borrow these items if your daughter is interested in the position before investing in this equipment; The club has sets available for each team

