

# WHAT EQUIPMENT DO YOU NEED TO PLAY YOUTH GIRLS LACROSSE?

\*A woman's LAX stick

\*A pair of goggles

\*A mouthguard

\*A pair of cleats



The teams will be assigned a jersey and a skirt or kilt skirt.

You will need to provide something to wear under the kilt skirt (a pair of spandex shorts are suggested).

Extra items we recommend:

\*A long sleeve shirt/pant option to wear under their uniform on cold game days

\*Socks of any kind or color

\*A water bottle for practices and game days

**Just an FYI - no jewelry or hair pins can be worn during games. Mouthguards may not be clear, white or have painted teeth on them.**

The Becker Youth Association will provide all goalie equipment that falls outside of the above listed items. If you have any questions or need help please reach out to your coach or team manager.