



Uniform & Equipment Requirements Boys Teams

Below is a list of the uniform and equipment that is required to play Boys Lightning Lacrosse. The jersey and shorts are supplied by the club. All other equipment may be purchased with a club discount from one of our supporters: Lenape Lacrosse at www.lenapelacrosse.com/ or Ewing Sports at www.ewingsports.com.

If you are not in uniform you will not play.

Required Equipment – Player is required to supply

- Helmet – White lacrosse helmet
- Gloves – Black
- Arm pads – Black
- Rib pads
- Shoulder pads
- Hard cup
- Mouth guard
- Stick
- Cleats
- Goalie pads and goalie throat protector, if needed, will be provided by the club
- Asthma medications if applicable (please notify coach)
- Eyeglasses (if required)
- Equipment bag
- Water bottle (bring to every practice and game)

Boys Uniform

- Red jersey supplied by club
- Black rib trim shorts supplied by club
- White T-shirt under the jersey
- White socks

Optional Additions

- Black compression shorts
- Black sweatpants
- White turtleneck or long sleeved shirt

Uniform Washing Instructions

1. Turn both jersey & shorts inside out before they are washed.
2. Wash both in cold water, normal cycle, without any bleach.
3. Line dry or dry on very low temperature (warm temperatures will ruin numbers).
4. Remove promptly to prevent wrinkles.

The uniform is the property of Lightning Lacrosse and must be returned at the end of the season. Please **DO NOT** have it autographed at university games or other tournaments. If they are lost or damaged beyond reasonable wear or tear, the replacement cost of the jersey is \$30 and shorts \$20.
