



2010 Equipment Requirements

Girls

Required Equipment—Information for New Players (Grades 1 to 8)

Lightning players must supply their own equipment. The Club provides game uniforms for players on the 3/4, 5/6 and 7/8 teams. Uniforms must be returned at the end of the season!

Where to buy equipment: Ewing Sports located in the Montgomery Shopping Center (just north of Princeton near the intersection of routes 518 and 206). Call them (609) 497 2323 for directions. During the spring Dick's (Nassau Park) carries a pretty good selection of equipment.

Lacrosse Stick (\$30—\$100+)

There are several manufacturers of girls lacrosse sticks including deBeer, Brine, STX and Warrior. We are recommending the deBeer Myssey model for beginners again in 2010. The Myssey is part of Ewing Sports discounted beginner's package for Lightning players. For intermediate and advanced players we highly recommend the Brine Amonte (around \$100).

Wherever you decide to purchase your daughter's stick please do not have the shaft cut down. Your daughter needs to play with a full-sized stick no matter what size she is.

Girls in 1st thru 4th grades are allowed to play with a modified pocket. Feel free to loosen up the sidewall strings and runners to give her stick more of a pocket. Your coach will be happy to help adjust her stick.

Goggles (\$20—\$65)

Most girls prefer the cage style goggles over clear plastic goggles because the former do not fog up in the rain. Clear plastic goggles are fine for girls giving lacrosse a test drive. Please look for goggles in youth or adult small. Have her try on a couple of different styles to see what kind she prefers.

Molded Mouthguards (\$2-\$15)

Mouthguards must be colored. Clear mouthguards are no longer allowed. If your daughter loses one piece of equipment this year it will be her mouthguard. Buy her two mouthguards now so she'll be prepared when one of them disappears. By rule girls are not allowed to have anything protruding off the front of their mouthguards, no strings, no tabs, no nothing. If her mouthguard came with any of that stuff cut it off. If your daughter has any dental work it please talk with her Doc about the mouthguard thing.

Sneakers/Cleats (\$20-\$100+)

Sneakers or soccer/lacrosse cleats can be worn for Peddie indoor or any outdoor practices or games. No softball cleats allowed.

Water Bottle

Have your daughter bring a bottle of water with her to every practice and game. Don't forget!

No Jewelry!

No jewelry of any kinds may be worn to practices or games. No rings. No necklaces. No bracelets—no, not even the Livestrong kind. No hard barrettes. No earrings. If your daughter is going to have her ears pierced please wait until the end of the season. Jewelry is #2 on the list of lost items, leave it home and it won't get lost.

Leave the lacrosse balls home. Your daughter's coach will have dozens and dozens of lax balls at every practice.

Put your daughter's name on all her gear, sweats, jackets, etc.

Questions? Ask your daughter's coach or get in touch with Cory Easter (609) 897 1021 or via email coryeaster@comcast.net