

Boys Lacrosse

Mandatory Equipment:

- **Stick (Boys):** Each Boys division may have different length requirements. Please consult your coach prior to purchasing a stick. Long sticks are only for defensemen on the Senior team.
- **Gloves:** Look for gloves that cover well beyond the wrist. Hockey gloves are not recommended, but are acceptable, as they are typically too stiff.
- **Helmet:** Cascade, Warrior or STK helmets are recommended.
- **Shoulder Pads:** Look for pads that are easy to put on and take off. A center breast protector is recommended.
- **Elbow/Arm Pads:** Look for pads that provide total coverage when combined with the shoulder pads and gloves. Flexibility is also important.
- **Mouth Guard:** You cannot play without a mouth guard. (We recommend purchasing two!)
- **Athletic Support / Protective Cup & Cleats:** Most type of cleats are acceptable.
- **Water Bottle:** Not just for practice/games - drink water about 1 hour PRIOR to any athletic event.
- **Start Packages for the New Player:** Most retailers (store & online) offer “starter packages” for the first time player that include all the necessary gear including Lacrosse Helmet, Shoulder Pads, Elbow Pads, Lacrosse Gloves, and Lacrosse Stick. Online you will find that most of these “starter packages” sell for roughly \$180.

Any specific equipment questions or questions pertaining to the Boys Program should be directed to Cindy Taylor, Boys Coordinator (boyscoordinator@nbylax.org)

Girls Lacrosse

Mandatory Equipment

- **Stick (Girls):** Most sticks come in the same length. Girls must have traditional stringing with little to no pocket.
- **Goggles:** Are made by various vendors and come in small and regular sizes.
- **Mouth Guard:** You cannot play without a mouth guard. (We recommend purchasing two!)
- **Cleats:** Most types of cleats are acceptable.
- **Water Bottle:** Not just for practice/games - drink water about 1 hour PRIOR to any athletic event.
- **Starter Packages for the New Player:** Most retailers (store & online) offer “starter packages” for the first time player that include all the necessary gear. Online you will find that most of these “starter packages” sell for under \$100.

Any specific equipment questions or questions pertaining to the Girls Program should be directed to Kelly Sheehan, Girls Coordinator (girlscoordinator@nbylax.org)

Local Equipment Vendors

Lacrosse Unlimited: <http://lacrosseunlimited.com/madison-ct>

1347 Boston Post Road, Madison, CT
(203) 245-3265

Whitie Bensons: <http://www.whitiebensen.com>

38 Saw Mill Road, West Haven, CT
203-932-0035

Guilford Sporting Goods: <http://guilfordsportinggoods.net>

934 Boston Post Road, Guilford CT
203 453-2370

Macwear: <http://www.macwear.com>

18 Wall Street, Madison, CT

203-245-3007

Sports Authority: <http://www.sportsauthority.com/home/index.jsp>

180 Universal Drive North, North Haven, CT

203-239-1031

Online Vendors

Here is a list of online retailers that NBYLAX has used in the past to purchase apparel or equipment.

While this is in no way a complete list and NBYLAX does not officially endorse any one vendor, we thought this would be a good start for any new or returning player to research and source lacrosse gear.

www.lax.com

www.lacrossemonkey.com

www.lacrosse.com

www.laxworld.com

www.harrowsports.com

www.warrior.com

www.cascadelacrosse.com

US Lacrosse

Visit the US Lacrosse website for more information on the sport of Lacrosse!

<http://www.uslacrosse.org/>

NBYLAX Resources

Visit the “Exchange” tab, located in the left-hand vertical menu on our website. This is our online community for donating or reselling equipment within our NBYLAX family.

<http://leagueathletics.com/Exchange.asp?n=90241&org=nbylax.org>

Visit the “Forms / Handouts” tab, located in the left-hand vertical menu on our website, to review or download the US Lacrosse Equipment Fitting Guide