

Equipment

Lacrosse Stick-

Sticks (or Poles) come in long and short varieties. **Short sticks** are for offensive players, while **long poles** are generally for defensive players. If you are a new player you should invest in a short stick to learn the fundamentals of ball handling. The majority of play is with a short stick, so you will need it. If the time comes where you need a long pole, coach will let you know. Sticks can vary in price from \$50 to \$250, but don't be afraid to start with an inexpensive stick. You can change the mesh, shooting strings, or even the entire head as you learn what works for you. Start basic and build from there.

Lacrosse Helmet-

A helmet is your most important piece of equipment and you should never sacrifice on quality. Cascade, Warrior or Brine are just a few manufacturers of high quality lacrosse helmets. A good helmet will cost anywhere from \$100-\$300. The higher priced helmets are lighter and cooler, but don't worry because helmets on the lower end of the price range offer just as much protection.

Mouth Guard-

Mouth guards greatly reduce the risk of dental injuries and prevent players from cutting their mouth or tongue during an impact. Studies have also shown that thicker, higher quality mouth guards can reduce concussion risk. Mouth guards are available in a variety of styles and colors and vary in price. You can get a good mouth guard for \$10-\$30 at almost any sporting goods store. NOTE: Clear mouth guards are not permitted in lacrosse.

Shoulder Pads & Elbow Guards-

Lacrosse pads range from the inexpensive to the very costly. For this equipment your first focus is comfort. Try to get the best protective equipment that your budget will allow. Don't assume that bigger, thicker, or more expensive is better. Bigger pads that are thicker and cover a larger area are usually worn by attacking players. Defenders wear the smaller and lighter pads. The amount you invest on pads can vary wildly, but for entry level gear you can easily find both of these items for less than

\$100. Be careful not to confuse large and bulky goalie pads with regular shoulder pads. Remember, the more padding you have the slower and less mobile you will be. Shoulder pads can be any color, but elbow guards should be black, white, or red.

Gloves-

Your hands are important, so make sure you go with what is comfortable and has good “feel” You also want protection because you will get slashed (hit across the hands by a stick) Gloves start at about \$25 a pair and can vary wildly price and design. Get what works for you...as long as it is black, white, or red.

Athletic Cup-

These are available at nearly all sporting goods stores. The technology has come a long way over the years to maximize protection and comfort. They can be paired with compression shorts specifically designed to accommodate a cup. You should expect to spend about \$20 to \$30 for the pair. NOTE: an athletic cup is required to be worn at all games and practices.

Cleats-

Just like gloves, comfort and feel is key. You can get cleats for as little as \$20. You don't need anything flashy or expensive and hi or low top is entirely up to your personal preference. We do ask that you stay with the black, white, or red, color scheme. If you would like to use a pair of cleats that you own or can't find the ones you need in black, white, or red you should spend a few dollars for a pair of colored “spats” to go with your cleats

L A C R O S S E

Where to get Equipment

To go locally and pick up an item or two check out Dick's Sporting Goods. They are a bit more expensive and their selection of lacrosse items is limited, but you can walk in and usually find what you need. There are also a wide variety of online lacrosse suppliers such as:

www.sportstop.com

www.southswellsports.com

www.lacrossemonkey.com

www.lacrosseunlimited.com

www.lacrosse.com

All of these online stores offer “**Starter Kits**” at a special price. If you need to purchase all of your equipment new, we highly suggest beginning with a starter kit.

Many starter kits will include a stick, helmet, shoulder pads, elbow guards, and gloves starting as low as \$125.

If you have questions regarding equipment, be sure to ask before you buy. If we can't get you the answer, we will find you someone who can.

The logo features a stylized lacrosse stick with a red outline, set against a grey background. Below the stick, the word "HART" is written in large, bold, grey capital letters, and "LACROSSE" is written in smaller, red capital letters.

HART
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