



2024 Spring Season

## Boys Equipment 101

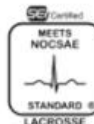


### Gear Checklist:

Green may overlap with other sports, others are boys lacrosse specific.

Shared specialized goalie gear is provided by the club as needed.

- 1) **Stick** Most players use a midfield/attack stick (pictured) which are 40-42" long with plastic lacrosse head attached.
- 2) **Helmet** with statement or seal (pictured) indicating it meets NOCSAE ND041 standards and SEI certification.
- 3) **Chest Protector** with statement or seal (pictured) indicating it meets NOCSAE ND200 standards and SEI certification.
- 4) **Arm Pads**
- 5) **Gloves**
- 6) **Mouthguard**
- 7) **Athletic cleats or shoes** personal preference (e.g. football / soccer). Metal spikes (e.g track) are illegal.
- 8) **Protective Cup**
- U) **Uniform** ordered via team store (link will be sent).



### Tips:

#### Places To Shop Locally -

Empire Lacrosse – 9700 Lakeshore Dr E B, Indianapolis, IN 46280

Dicks Sporting Goods

Play It Again Sports (but be extremely mindful of NOCSAE/SEI standards on chest protector and helmets)

#### Some Favorite E-Commerce Options -

New - [lacrossemonkey.com](https://lacrossemonkey.com) OR for random finds [laxsteals.com](https://laxsteals.com)

Used - [sidelineswap.com](https://sidelineswap.com) OR [Center Grove Lacrosse Buy/Sell/Trade Group on Facebook](https://www.facebook.com/CenterGroveLacrosseBuySellTradeGroup)

Sticks – can be customized for various positions and styles of play. The choices can be overwhelming, and many come with strings that have not yet been formed into a good “pocket”. Coach Rob recommends StringKing which he uses himself at advanced levels but also works immediately “out of the box” for beginners. Email [CoachRob@CenterGrovelacrosse.com](mailto:CoachRob@CenterGrovelacrosse.com) to get an invite to CG’s 20% off the [stringking.com](https://stringking.com) store.

Length: Attack/Midfield for most. Defense/Goalie for players are certain to play that position. Jr okay for U8/10.

#### NOCSAE Standards / SEI Certification–

Be mindful to ensure you are buying a helmet and chest protector that meet standard. Make/model can be checked on the manufacturer websites or <https://www.seinet.org>