

LACROSSE CHECKLIST

UNIFORMS

- Game Jersey
- Shooting Shirt
- Practice Jersey
- JH Uniforms
- Practice Pack
- Travel Gear
- Cleats
- Socks

EQUIPMENT

- Helmets
- Gloves
- Elbow Pads
- Sticks
- Balls
- Cones
- Official Goals
- Replacement Goal Nets
- Field Paint

TRAINING

- Jump Ropes
- Weighted Jump Ropes
- Agility Ladder
- Step Hurdles
- Medicine Balls

GENERAL SUPPLIES

- Scorebooks
- Whistles/Lanyards
- Stop Watches
- Water Bottles
- Water Bottle Carrier
- Sani-Cloth Wipes
- Ankle Tape
- Active Ankles
- Gatorade