



EMBRACE CHALLENGE,
DISCOVER YOURSELF.

5th and 6th Grade Athletic Equipment Requirements for the 2019-2020 School Year

All students participating in Physical Education are required to have the following locked in their assigned gym lockers at all times:

- Practice short(s)
- Athletic t-shirt(s)
- Athletic socks
- Sweatshirt(s) and sweatpants
- Cold weather accessories – hat, gloves, etc.
- Two pairs of footwear:
 - One pair of sneakers – will be worn ONLY for indoor activities (*to protect the gym floor*)
 - One pair of sneakers or molded cleats – will be worn ONLY for outdoor activities (*or any footwear appropriate for a particular sport*)

Athletic clothing may be purchased at the Nichols Campus Store.

All students are required to use a Nichols School lock on gym lockers, which can be purchased in the Nichols Campus Store.

Additional sport specific requirements:

- **SOCCER:** shin guards – please get taller shin guards rather than short ones
- **GIRLS' FIELD HOCKEY:** mouth guard* and tall shin guards (just below the knee)
- **ICE HOCKEY** (*needed by Oct. 30*): pads (*shin, elbow and shoulder*), skates, helmet, hockey pants, cup/pelvic protector, hockey stick, neck guard, gloves and mouth guard
- **RECREATIONAL SKATING** (*needed by Oct. 30*): ice skates (*new or used, both figure and/ or hockey skates*), winter gloves, helmet (*bicycle helmet is acceptable*), winter hat
- **BOYS' LACROSSE:** mouth guard (*helmet, shoulder and elbow pads, lacrosse stick, gloves, cup, green shorts and rib pads are all optional; hockey equipment may also be used*)
- **GIRLS' LACROSSE:** mouth guard – generic mouth guards-\$2.00; SISU custom mouth guards are available in the equipment room for \$25.00.

NOTE: Please clearly label all of your child's equipment and clothing with his/her name.

Extra Curricular 5&6 grade teams (optional) - these are after school practices 2x per week

- **Soccer** (Fall) – good soccer shin guards
- **Basketball** (Winter)
- **Lacrosse** (Spring)
 - Boys: lacrosse helmet, shoulder and elbow pads, boys lacrosse stick, gloves, cup, green shorts and rib pads needed
 - Girls: mouth guard, *NEW IN 2017*: ASTM 3077 approved eyewear (must say approved for ASTM 3077 standard on the eyewear itself), girls lacrosse stick.