



EMBRACE CHALLENGE,
DISCOVER YOURSELF.

7th and 8th 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.
- Water bottle with name on it
- 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, molded cleats
- **BOYS' MODIFIED FOOTBALL:** mouth guard, molded cleats, cup
- **GIRLS' FIELD HOCKEY/TENNIS:** molded cleats are recommended, mouth guard*, field hockey stick, tall field hockey shin guards (that come up just below the knee), black spandex for under kilt, one white AND one black turtleneck, field hockey approved eyewear; tennis shoes, tennis racquet, 2 cans of tennis balls
***Combination Field hockey/Lacrosse eyewear is recommended for those athletes that participate in both sports. Please make sure that lacrosse eyewear meets ASTM 3077 standard for lacrosse and ASTM F2713 for field hockey. Generic mouthguards-\$2.00; SISU custom mouth guards available in the equipment room for \$25.00.*
- **BASKETBALL:** basketball sneakers
- **ICE HOCKEY:** pads (shin, elbow and shoulder), skates, helmet, hockey pants, cup/pelvic protector, hockey stick, neck guard, gloves and mouth guard
- **BOYS' LACROSSE:** helmet, shoulder and elbow pads, lacrosse stick, gloves, cup, green shorts, mouth guard (rib pads are optional)
- **GIRLS' LACROSSE:** mouth guard*, girl's lacrosse stick, molded cleats, lacrosse approved eyewear-must be labelled that it meets ASTM 3077 standard – new for 2017, black spandex for under kilt, one white AND one black turtleneck, water bottle
- **BASEBALL/SOFTBALL:** baseball/softball glove, molded cleats; boys – cup
- **BOYS' TENNIS:** 2 cans of tennis balls, tennis racket, tennis shoes

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