

# **EQUIPMENT CHECKLIST FOR ATHLETICS** (9/3/19)

For any of the competitive or non-competitive athletic activities, all students will need to be dressed in typical PE-type clothing for every practice: T-shirt, shorts, socks and appropriate footwear (sneakers and/or cleats). The weather in the fall and the spring may also require students to be prepared with sweatpants, sweatshirts and sunscreen as needed. These items are required every day for practice so a student can fully participate. Items listed with an asterisk (\*) are items that the Middle School has available for students to borrow either for the short term or for the season. This is particularly helpful when a student is trying a new sport for the first time and unsure if they will enjoy playing or not before investing in a particular item. If you have any questions, please contact Betsy Gorse, Shady Side Academy Middle School Athletic Director at [dvadnais@shadysideacademy.org](mailto:dvadnais@shadysideacademy.org)

In addition to the clothing listed above, specific sports will require specific equipment as listed below (the list may change slightly):

## **FALL SEASON**

### Field Hockey

- Mouth guard
- Field hockey shin guards (not the smaller, soccer-style)
- Navy & white tube socks to cover shin guards (white socks for home games & navy socks for away games)
- Field hockey stick (check with coach for suggestions before purchasing) \*
- Field hockey approved eyewear (ASTM-2713 is the approved version) \*
- Soccer-style cleats and sneakers for every practice
- Reversible pinnie (optional)

### Soccer (all levels)

- Soccer style cleats
- Soccer shin guards
- Navy & white tube socks (white socks for home games & navy socks for away games)

### Football (all levels)

- Mouth guard
- Cleats (football style or soccer-style)

### Cross Country

- Supportive running shoes

### Intramurals

- PE-style clothing for indoors and outdoors

## **WINTER SEASON**

### Basketball

- Basketball footwear (personal preference of high top or low)

### Swimming

- Swim cap (suggested but not required)
- Goggles
- Towel
- Deck shoes for walking between the locker room and pool deck
- Swim suit (jammer or swim trunks for boys & one-piece swim suit for girls)
- A team swim suit will be selected at the start of the season (optional)

### Ice Hockey

- Mouth guard
- Helmet
- Skates
- Stick \*
- There are limited amounts of hockey equipment also available to borrow for the season.
- There is a \$250 fee for all hockey players for general hockey rink use/ice upkeep, applied at the end of the season

### Squash

- Squash shoes
- Squash eyewear
- Squash racquet

### Fitness

- PE-style clothing for indoors and outdoors

## **SPRING SEASON**

### Girls Lacrosse

- Mouth guard
- Approved lacrosse eyewear (field hockey goggles may be approved for lacrosse – check with coach) \*
- Girls lacrosse stick \*
- Sneakers and soccer style cleats
- Reversible pinnie (optional)

### Boys Lacrosse

- Lacrosse helmet with appropriate faceguard (goalies will need a throat protector)
- Mouth guard
- Lacrosse shoulder pads
- Lacrosse arm/elbow pads
- Lacrosse gloves
- Boys lacrosse stick \*
- Protective cup
- Indoor shoes and outdoor cleats
- Reversible pinnie (SSA or other, navy & white)

### Track

- Supportive running shoes
- Spike footwear (as recommended by the coach)

### Baseball

- Baseball glove
- SSA baseball hat
- Grey baseball pants (for 7/8<sup>th</sup> grade games)
- Sneakers for indoors
- Either metal or soccer style cleats are allowed for games (metal cleats are not allowed on turf)

### Softball

- Softball glove
- Sneakers and soccer style cleats

### Tennis

- Appropriate tennis footwear (sneakers are allowed),
- Tennis racquet
- Team T-shirt for the Competitive team (once the season begins)

### Intramurals

- PE-style clothing for indoors and outdoors