

Equipment Provided by Individual Athletes

All Sports

Appropriate attire to practice in

Soccer (Boys – fall; Girls – spring)

Cleats

Shin guards

*Socks – Blue and White – **must** be purchased in the Falcon’s Nest

Field Hockey (fall)

Stick

Field Hockey Goggles

Cleats

Shin Guards

*Mouth Guard

*Socks – Blue and White – **must** be purchased in the Falcon’s Nest

Boys Lacrosse (spring)

Stick

Helmet – new or certified within the last three years

*Mouth Guard – must be attached to the helmet

Cleats

Elbow Pads

Gloves

Shoulder Pads or Chest Pads for Goalies

Protective Cup

Girls Lacrosse (spring)

Stick

Protective Eye Goggles

*Mouth Guard

Basketball (winter)

Shoes

Cross Country (fall)

Running shoes

Swimming (winter)

*Team suit is purchased at the beginning of the season and belongs to you

*Team shirt is purchased at the beginning of the season and belongs to you

*Goggles

Tennis (Girls – fall; Boys – spring)

Racquet

Non-marking tennis shoes

Fitness (all seasons)

Appropriate shorts, T-shirt and sneakers

*Items are available at the Falcon’s Nest, FA’s school store