

## **Equipment needed for Boys Soccer season (must have at all practices, no exceptions):**

- 1. Shinguards – must meet the National Operating Committee on Standards for Athletic Equipment (NOCSAE) specifications for your height. NEW rule for Fall 2008. \*\*\* This is very important, I will check everyones shinguards. Must wear at practice.**
- 2. Soccer socks – need to be long enough to go over shinguards**
- 3. Soccer shorts – not too long, and must stay on the waist.**
- 4. T-shirt –must be worn**
- 5. Sweatshirt – in cold weather – not a big jacket**
- 6. Headband to cover ears in cold weather (optional)**
- 7. Soccer gloves (optional) - rubber tips on the fingers to throw ball**
- 8. Soccer Cleats**
- 9. Running Shoes – for indoors**
- 10. Your own water bottle (coach will supply water in a jug, but it is recommended that each player have his own water bottle to refill)**
- 11. Gym bag – keep all gear in, you can leave this bag in Coach McIntyre's or Coach Caraccio's classroom**
- 12. Goalkeepers**
  - practice and game gloves**
  - practice jersey**
  - practice shorts**