

What do I need for soccer?



Comfortable Clothes

in layers for changing temperatures. Players should wear training shirts to practice and full uniforms for games.

Shin Guards

and socks long enough to completely cover them.

Cleats are highly recommended to avoid slipping but sneakers are okay too.

Soccer Ball

Size 3 for age groups U5-8

Size 4 for age groups U9-12

Size 5 for age groups U13 and up

Be sure to put your child's name on the ball using a permanent marker since many of them are identical.

ALWAYS bring water to training sessions and games even if it doesn't seem very hot out. No jewelry or anything hard/metal such as hair clips allowed.