



FRIENDS ACADEMY SUMMER CAMPS

DUCK POND ROAD, LOCUST VALLEY, NY 11560

TEL: (516) 393-4207 FAX: (516) 465-1720



SPORTS ACADEMY PLUS EQUIPMENT LIST

BOYS LACROSSE

Helmet with face guard
Shoulder pads
Athletic supporter
Cleats, Sticks, Gloves

GIRLS LACROSSE

Cleats, Sticks,
mouth guard

ICE SKATING

Skates
Long pants/skating outfit
Sweater or pullover sweatshirt
Gloves

TENNIS

Tennis sneakers
Racquet
Shorts

BASEBALL

Glove
Cleated baseball shoes (optional)
Athletic supporter

BASKETBALL

Basketball sneakers
Shorts
Athletic supporter

GYMNASTICS

Shorts and T-shirt
Leotard (optional)

SOCCER

Shin guards
Cleated soccer shoes

GOLF

5 Clubs/Bag (putter, 3wood,
5,7,9 iron)
6 Golf Balls, Tees
Rain Gear
Hat
Suntan Lotion/Water bottles
Sneakers or Golf Shoes – NO SHOES
Soft Spikes
Golf Glove (optional)

ICE HOCKEY

Helmet with face guard
Mouth piece
Elbow pads, Hockey gloves
2 hockey sticks
Bicycle shorts-cup built in
Suspenders, Stockings
Shin Guards
Hockey pants
Hockey Skates, Sanitary Socks

MULTI-SPORTS

Sneakers, shorts, sweats, t-shirt

DANCE

Comfortable clothing or dance attire.
Tap shoes (black)
Ballet and/or jazz shoes (black)
Unitard/dance outfit (black)

FLAG FOOTBALL

Cleats or sneakers, shorts and t-shirt

SAILING

Water shoes
Sweatshirt (for after sailing)
Cap w/peak
Waterproof jacket (optional)
Sailing gloves
Sun Screen
Life Jacket U.S. Coast Guard
approved – Type III

RIDING

Hard hat
Long pants
Boots or paddock boot
Or Sneakers with ridged soles
Crop (optional)

FENCING

Sweatpants to go
over shorts when fencing.
*L.I. Fencing Academy will
supply all Fencing Equipment

MARTIAL ARTS

Shorts, t-shirt, sneakers
*Uniform will be provided by
FASC

FIELD HOCKEY

Stick, protective eye gear
Gloves (optional)

*For more information on sug-
gested places to purchase some
of the sports equipment listed,
you can contact our office at
(516) 393-4207