



# FRIENDS ACADEMY SUMMER CAMPS

DUCK POND ROAD, LOCUST VALLEY, NY 11560

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



## THE ACADEMY 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 sweat-shirt  
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/ collard shirt/golf shorts  
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 and sneakers, shorts and t-shirt

### SOFTBALL

Glove  
Cleated shoes (optional)

### 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

### HORSEBACK 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

### FIELD HOCKEY

Stick, protective eye gear  
Gloves (optional)

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