

Lacrosse Season Checklist

Ensure you have all the following requirements met in order to be eligible to practice and play during the Spring Lacrosse Season:

- ☐ **US Lacrosse Membership - # and Exp. Date**
- ☐ **Club and League Player Registration**
 - ☐ Hardin County Player Registration & Waiver
 - ☐ Kentucky Commonwealth League Registration & Waiver
- ☐ **KHSAA Sports Physical** (Zip Clinic in Etown does them quickly)
- ☐ **Payment (Cash or Check, payment plan available)**
- ☐ **Equipment**
 - ☐ Stick
 - ☐ Helmet (team provided)
 - ☐ Shoulder Pads -NOCSAE Compliant (team provided)
 - ☐ Elbow Pads
 - ☐ Gloves
 - ☐ Cleats
 - ☐ Mouth guard (cannot be clear or white)
 - ☐ Athletic cup (required for 2022)
 - ☐ Gear Bag
 - ☐ Uniform (team provided)
- ☐ **One Team sponsorship**



Hard Knox Lacrosse
Energy, Effort, Emotion!