



LEANDER YOUTH FOOTBALL AND CHEER

Tackle Football Checklist:

- White football helmet
- Shoulder pads
- Football cleats (not metal)
- Mouth guard (3-4 qty. and ones that connect to helmet recommended)
- Practice pants with padding
- Practice jersey
- Water jug

Suggested, not required:

- Compression/padded undershirt (t-shirt will work fine)
- Practice socks

Flag Football Checklist:

- Football cleats (not metal)
- Red Shorts, no pockets
- Mouth guard (3-4 qty)
- Water Jug

Cheer Checklist:

- Red and/or blue soffe shorts for practice
- White tank top for practice
- White cheer shoes for games
- White ankle socks
- Water jug
- Yoga mat