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**Leander Youth Football and Cheer**

**Gear Checklist**

**Tackle Football Checklist:**

* **White Football Helmet (decals will be provided w/ registration)**
* **Shoulder Pads**
* **Football Cleats (non metal)**
* **Mouth Guard (we recommend those that attach directly to the helmet and suggest you buy a few for the entire season)**
* **Practice Pants with Padding**
* **Practice Jersey (any color, preference given to Red & Black if available)**
* **Water Jug**

**Suggested, not required:**

* **Compression/padded undershirt (a t-shirt will work fine and they will get one for game days)**
* **Practice socks**

**Flag Football Checklist:**

* **Football Cleats**
* **Red shorts, no pockets**
* **Mouth Guard (buy extra, they get lost!)**
* **Soft Helmet**
* **Water Jug**

**Cheer Checklist:**

* **Team colors any combo of red/black and white sorts and top for practice**
* **Cheer shoes:**
	+ [**https://www.amazon.com/dp/B07X3J5345/?coliid=I3MGJER381IFXQ&colid=RWS70Y04326P&psc=1&ref\_=lv\_ov\_lig\_dp\_it**](https://www.amazon.com/dp/B07X3J5345/?coliid=I3MGJER381IFXQ&colid=RWS70Y04326P&psc=1&ref_=lv_ov_lig_dp_it)**or**
	+ [**https://www.amazon.com/dp/B09K7FTLBN/?coliid=I5958B48YPWHS&colid=RWS70Y04326P&psc=1&ref\_=lv\_ov\_lig\_dp\_it**](https://www.amazon.com/dp/B09K7FTLBN/?coliid=I5958B48YPWHS&colid=RWS70Y04326P&psc=1&ref_=lv_ov_lig_dp_it)
* **White no show socks**
* **Hair back and off the face**
* **No jewelry (studs included)**
* **Lots of water (30+ oz)**
* **Sunscreen**