

LOUDOUN COUNTRY DAY SCHOOL
2020 - 2021 Physical Education Uniforms and Supplies

Changes have been made to the LCDS Physical Education and Athletics Program for the fall of 2020, in accordance with the Virginia State Phase 3 Covid 19 Guidelines for social distancing while exercising. Social distancing and cohort based activities will be emphasized. These changes to the program will impact supplies/uniforms your child will need for the fall season. Changes are shown in blue type at the applicable grade level.

If you have any questions, please contact Cathy Fernandez: cathy.fernandez@lcds.org

Grades PS-3 Sneakers and comfortable clothing for PE

Grades 4 & 5 *Students do not need a PE uniform for the fall. They will wear to PE whatever they wear to school. Tennis shoes/sneakers should be worn on PE days. Soccer shin guards and socks, as well as a sports bag, will not be needed. Students must bring their own water bottle to PE.*

PE uniform: shirts and shorts – purchase through LCDS website/Cheers Sporting Goods
<https://loudouncountrydayschool.itemorder.com/sale>

Sports bag with a student's name on it, may order from Cheers and they will embroider the name for free.

Sweats for cold weather – preferably blue

Soccer cleats (no toe cleat) for fall and spring seasons

Sneakers for PE when indoors

Students should always have indoor gym shoes available to wear

Kelly green soccer socks - for fall season

Athletic socks, to be worn each day

Shin guards for fall soccer

Boys Spring Lacrosse - Athletic Supporter

Mouth guards – one per year provided by the school, required for field hockey and lacrosse, recommended for soccer and basketball

Grades 6-8 *Students do not need a PE uniform for the fall. They will wear to PE whatever they wear to school. Tennis shoes/sneakers should be worn on PE days. Students must bring their own water bottle to PE.*

PE Uniforms: Shirts and shorts - purchase through LCDS website/Cheers Sporting Goods <https://loudouncountrydayschool.itemorder.com/sale>

Sports bag with a student's name on it, may order from Cheers and they will embroider the name for free.

Sweats for cold weather – preferably blue

Mouthguards – one per year provided by the school, required for field hockey and lacrosse, recommended for soccer and basketball

Cross Country:

Running shoes

Soccer: *Whatever is worn to school will be fine for soccer*

Soccer cleats (may not use cleats with a "toe cleat")

Soccer shin guards

Kelly green socks (available through Cheers)

Field Hockey: *Shin guards will be needed; field*

hockey or soccer shin guards are fine. Sticks,

goggles, and mouth guards will be provided, but

you may bring your own.

Field hockey shin guards (different from soccer shinguards)

Cleats

Lime green socks (available through Cheers)

Goggles – must meet ASTM requirements for field hockey (it will

say this on the box)

Volleyball: *No volleyball this fall*

Knee pads

Basketball:

Basketball shoes

Tennis: *Rackets will be provided.*

Court Shoes

Racket

Boys Lacrosse:

Cleats

Athletic supporter

Girls Lacrosse:

Cleats

***Please mark all uniforms and equipment with student's name or initials.**