

LOUDOUN COUNTRY DAY SCHOOL
2021 - 2022 Physical Education Uniforms and Supplies

Grades PS-3

Sneakers for PE

PE uniforms for 4th through 8th grade students will be changed this year to black for the shorts and kelly green for the shirts. Old uniforms, navy blue and forest green, will be grandfathered in for two years, through the end of the 2022 - 2023 school year. Beginning in the fall of 2023, all students will be expected to wear the new colors.

Grades 4 & 5

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

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

Sneakers for PE when indoors

Students should always have indoor shoes available to wear

Athletic socks, to be worn each day

Shin guards for fall soccer & soccer socks

Grades 6-8

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.

Sneakers for gym when indoors. Students should always have indoor shoes available to wear

Sweats for cold weather

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

Cross Country: Running shoes

Soccer:

Soccer cleats (may not use cleats with a “toe cleat”)

Soccer shin guards

Kelly green socks (available through Cheers)

Volleyball - knee pads

Field Hockey:

Field hockey shin guards (different from soccer shin guards)

Cleats

Lime green socks (available through Cheers)

Goggles – must meet ASTM requirements for field hockey
(it will say this on the box)

Basketball: Basketball shoes

Tennis: Court Shoes, Racket

Boys Lacrosse: Cleats, Athletic supporter

Girls Lacrosse: Cleats

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