



JUNIOR TEAM

TENNIS

CHECK LIST



JTT MATCH-DAY CHECKLIST

BEFORE YOU LEAVE, MAKE SURE YOU HAVE "THE ESSENTIALS":

- OFFICIAL TEAM UNIFORM (WEAR IT TO THE MATCH!)
- COURT SHOES (NON-MARKING SOLES)
- TENNIS RACKET (DOUBLE-CHECK YOUR BAG!)
- RACKET BAG OR BACKPACK
- LARGE WATER BOTTLE (HYDRATION IS KEY)
- SHORTS/SKIRTS WITH POCKETS (FOR HOLDING EXTRA BALLS)
- TENNIS BALL HOLDER (IF YOUR SHORTS DON'T HAVE POCKETS)
- SUN PROTECTION: HAT, VISOR, OR SUNGLASSES, SUN BLOCK
- PRACTICE BALLS (IF YOU ARRIVE EARLY TO WARM UP)
- LONG HAIR? (HAIR TIES)

COACH CARRIE'S PRO TIP:

**BEING A CHAMPION STARTS BEFORE YOU HIT THE COURT.
YOU ARE IN CHARGE OF YOUR OWN EQUIPMENT!
PACK YOUR BAG THE NIGHT BEFORE!**

