

PRACTICE AND GAME DAY PRE-DEPARTURE CHECKLIST

- Be sure you are up to date on Practice and Game times, including reschedules and cancellations. Check your e-mail to be sure there have been no changes.
- Advise coach in advance if you will not be attending
- Advise coach in advance if someone other than the primary parent or guardian will be picking up
- Make sure you are on time!
- Soccer shorts
- Soccer jersey
- Soccer socks
- Soccer shoes
- Shin guards
- Drink plenty of fluids leading up to the game or practice, if possible
- Water or appropriate hydration beverage for the field (No sodas)
- Sunscreen if needed
- Sweatpants or Sweat shirt if needed
- Hair tied back out of the face with no sharp edges in the scrunchie or tie band
- No jewelry or other sharp accessories
- Big smile and ready to have some fun!
- If you are picking up, make sure you are picking up on time!