



WHAT TO BRING | PLAYER CHECKLIST

FOOTBALL EQUIPMENT

- | | |
|--|--|
| <input type="checkbox"/> Helmet | <input type="checkbox"/> Knee pads |
| <input type="checkbox"/> Chin strap | <input type="checkbox"/> Athletic tape if they require taping |
| <input type="checkbox"/> Shoulder pads | <input type="checkbox"/> Cleats |
| <input type="checkbox"/> Mouth piece | <input type="checkbox"/> Tennis shoes (you will be practicing on a turf field) |
| <input type="checkbox"/> Girdle | |

CLOTHING

- | | | | |
|---------------------------------------|---|--|---|
| <input type="checkbox"/> Jeans | <input type="checkbox"/> Dress shoes | <input type="checkbox"/> 4 pairs underwear | <input type="checkbox"/> Jacket |
| <input type="checkbox"/> Dress slacks | <input type="checkbox"/> 2 collard shirts | <input type="checkbox"/> 6 pair athletic socks | <input type="checkbox"/> Sweatshirt |
| <input type="checkbox"/> Belt | <input type="checkbox"/> 3 t-shirts | <input type="checkbox"/> 2 pair dress socks | <input type="checkbox"/> Flip flops / sandals |

IMPORTANT REMINDERS FROM OUR TRAINERS

You must have a Mouth Piece – Mouth Pieces will be sold at \$3.00 ea.

Taping

If you need to be taped we will have people to do taping but you must supply your own tape.

Tape can be purchased prior to being taped for \$5.00 per roll.

Please do not ask trainers for tape without purchasing it or supplying it they will not have it to give you.

REMINDERS FROM OUR EQUIPMENT MAN

Be sure you check all of your protective equipment like shoulder pads, helmet, thigh, knee pads and butt pads and make sure they are all in good working order.
We will only fix minor problems.