

TENNIS BAG CHECKLIST

- 2-4 Rackets
- Extra racket grips/overgrip
- Extra shock absorbers
- Sunscreen
- Towel
- Hat
- Hair clips/ties
- Warm-ups
- Change of clothes
- Change of socks
- Comfortable shoes for when not playing
- Water bottle
- Notebook (for writing match reminders, opponents strengths/weaknesses, motivational quotes, etc)
- Writing utensils
- Band-Aids, athletic tape, etc)
- iPod/music
- Cooler (water, Gatorade, Powerade, etc)
- Healthy snacks (bananas, granola bars, fruit, power bars, cliff bars, crackers and peanut butter, etc)