

# JO Volleyball Check List

## *(Players)*

Sleeping Bag and/or Blanket

Pillow

Pajama pants

Slippers

Water bottle

Deck of cards

MP3 player

Brush/Hair accessories

Deodorant

(just in case, it could be a long day)

Jersey/Spandex/Shoes/Socks

Folding chairs

and

A good attitude, a team commitment, the desire to play as well as you can, and most of all...fun.

## *(Parents)*

Since many tournaments are played in remote locations, or playing schedules make going out for food a hassle, we suggest coordinating with team parents to bring the following items:

Bagels, Croissants, Deli Meats, Cheeses, Condiments, Pasta Salads, Chips, Cookies, Fruit Cups, Fresh Fruit, Energy Bars, Sports Drinks and Plenty of Water.

Having plenty of edibles available at the site will eliminate the stress of running out hunting for lunch.