

BE READY FOR NETBALL CHECKLIST

Arrive 15mins prior to warm-up

Toilet

Netball Hair Braids

Taping and or Ankle Guards

Keep Hydrated before, during and after carnival

Food – before, during and post carnival

Stay out of Sun in lead up to carnival activity

Sunscreen

Sleep

Remember your carbohydrates in lead up to carnival

Netball length Nails

Camp Chair & Esky

Tighten shoelaces

Extra Hair Ties and Bobby Pins

Spare Socks

Spare / old netball shoes

Thongs to wear home – Summer/ Ugg Boots – Winter

Sweat Towel

Skins

Ice 'n Easy