

ACE Bag Check

1. Water & electrolyte drink.
2. Food (protein bars, carbohydrate bars, fruit, nuts, ect..)
3. Medical supplies (band aides, medical tape, aspirin, inhalers, ect..)
4. Extra clothes (shirts, shorts, socks, sweat bands, hats, socks, ect..)
5. Travel supplies (tennis books, tennis journal, ipods, money, ect..)
6. Tennis supplies (racquets, strings, grips, balls, ect..)
7. Continue your list here:

You should take this basic list and add to it as needed. Tennis is an individual sport and requires individual attention to your particular game and needs. Keep your bag organized and ready for practice and tournaments.

Kevin says: “Always come prepared with all you need for practice and tournaments. Preparation is the key to success!!”