

# VOLLEYBALL CHECKLIST

## UNIFORMS

- Game Jersey
- Practice Jersey
- Spandex
- JH Uniforms
- Practice Pack
- Travel Gear
- Shoes
- Socks

## EQUIPMENT

- Game Volleyballs
- Practice Volleyballs
- Volleyball Nets
- Ball Cart

## TRAINING

- Jump Ropes
- Weighted Jump Ropes
- Agility Ladder
- Step Hurdles
- Medicine Balls

## GENERAL SUPPLIES

- Scorebooks
- Whistles/Lanyards
- Stop Watches
- Water Bottles
- Water Bottle Carrier
- Sani-Cloth Wipes
- Ankle Tape
- Active Ankles
- Gatorade