



## Bala FC – Game Checklist for Players

- Inflated Soccer Ball (size 4 for U9 – U12, size 5 for U13-U19)
- Soccer Cleats
- Shinguards
- Wear the appropriate color uniform but also have other uniform in bag always
- Water Bottle
- Inhaler
- Mosquito Repellent
- Sunscreen Lotion/Spray
- Post game snack
- For Goalkeepers: Goalkeeper Kit and clean goalkeeper gloves
- During cold months: Hat, gloves, training jacket/pants
- Hairband if long hair

**Use Restroom before attending game.**

**Please arrive at practice at least 5-10 minutes early.**

**If you are dropping off your player, please make sure you pick up player on time.**

Have their backpack checked the night before, prior to bedtime.