

LIST OF NECESSITIES **ALL ABOUT COACHES**

	DOCUMENTS	✓
1.	Law requires that a completed name-list of all visiting persons (all coaches) should be handed to the Sportisimo Facilitator assigned to you, upon arrival.	
	BEDDING & EATING UTENSILS	✓
2.	Bedding & Towels provided for all coaches.	
3.	Eating utensils are provided for all coaches.	
	CLOTHING, ECT.	✓
4.	Comfortable clothing for every day, pair of netball shoes for coaching sessions (optional).	
5.	Comfortable shoes.	
6.	A warm jacket and tracksuit – evenings can get chilli.	
7.	Pyjamas.	
8.	Swimming suit and a swimming towel (optional).	
9.	A raincoat and flash light is optional but might be very handy!	
10.	Sunscreen , a hat/peak and water bottle is essential for everybody attending a course!	
11.	Mosquito and insect repellent is important – Mutango is in the bush veld.	
12.	Own personal medication for chronic illnesses.	
13.	Toiletries at own discretion and for personal needs.	
	DO NOT FORGET	✓
14.	Coaches need to bring a full First Aid Kit as per their school's policy.	
15.	Coaches remember your clipboard, pen, and a book to take notes.	
	GENERAL	✓
16.	Cash bar is available. Please be advised that, as a licensed venue, we are unable to permit guests to bring their own alcohol onto the premises. All alcoholic beverages must be purchased and consumed on-site.	
17.	Tuck Shop is available.	
18.	Cash and/or card facilities available.	
19.	Fridge and coffee station in all coaches' rooms. Coffee and tea will be provided, but bring your own special, designer coffee for the coffee connoisseurs.	
20.	Remember the Saturday evening dinner dress-up theme (see programme)	
21.	A full photo story of the weekend will be available. Please bring a hard drive or memory stick if you want the photos of the weekend (optional). A camera is there for optional.	
22.	Music instrument for the social at the fire (optional)	
23.	A fun and energetic attitude!	