

LIST OF NECESSITIES **NETBALL**

DOCUMENTS		✓
1.	Law requires that a <u>completed name-list of ALL visiting persons</u> should be handed to the Sportisimo team upon arrival.	
2.	Sportisimo Indemnity- and medical forms.	
3.	A completed name-list of ALL attendees , complete on the 'Sportisimo Roll-Call Form'. Form attached.	
BEDDING & EATING UTENSILS		✓
4.	Players must please provide their own bedding. Each bed does have a fitted sheet.	
5.	Bedding & Towels provided for Staff .	
6.	Eating utensils are provided for all course attendees. (players & coaches).	
CLOTHING, ECT.		✓
7.	One (1) set of practice clothes per day; fresh, dry socks and takkies for every netball session.	
8.	A pair of old takkies or water-shoes for team-building activities;	
9.	A pair of plakkies/slides/crocs or comfortable shoes for relaxation time.	
10.	A warm jacket/sweater – the evenings become cold sometimes;	
11.	Pyjamas or tracksuit to sleep in;	
12.	One (1) set of old clothes that can get wet/dirty, as well as a plastic bag to take it home in;	
13.	Swimming clothes and a swimming towel ;	
14.	A raincoat and flashlight is <u>optional</u> , but can come in handy;	
15.	Sunscreen , a hat/'vazor' and your own water bottle is essential for EVERY PLAYER!	
16.	Mosquito repellent is very important – Mutango is situated in the bushveld;	
17.	Players bring their own personal medication for chronic conditions;	
18.	Toiletries at own discretion and according to personal needs.	
STAFF PLEASE REMEMBER.		✓
19.	EACH school must please bring a fully stocked FIRST AID KIT . <u>NO</u> medical supplies/medication will be supplied by Sportisimo or Mutango.	
20.	One (1) set of bibs for every two (2) teams (coaches' responsibility).	
21.	Schools can bring match attire (<i>optional</i>).	
22.	Coaches provided own whistles and clipboards, pen & notebook (<i>optional</i>). Course workbooks are provided.	
23.	Coaches must provide own balls, bibs and cones for their team. Minimum of one (1) x ball between two (2) x players. Gilbert-balls are sold.	
24.	Every coach's room has a fridge and kettle. Coffee & Tea in the rooms.	
25.	A gazebo per team is a good idea (<i>optional</i>) – there are very few trees at the courts.	
GENERAL		✓
26.	Players must pack a 'Snacker-bar' or a 'Jungle-Oats Bar' for early morning sessions (1st practice session before breakfast to avoid the blazing heat).	
27.	Pocket-money for the tuckshop (<i>optional</i>). Card facilities available.	
28.	Pocket-money for Sportisimo Shop: Balls, T-shirts, warm-up tops, caps/hats and other items are for sale. (<i>optional</i>). Card facilities available.	
29.	A positive, lively attitude, with lots of energy!!	