

LIST OF NECESSITIES **NETBALL TOURNAMENTS**

DOCUMENTS		✓
1.	According to legislation a complete name list of all visitors (players & coaches), must be made available at arrival to Sportisimo.	
2.	A completed name-list of ALL ATTENDEES, complete on the Sportisimo Roll-Call-Form. Form attached.	
3.	INDEMNITY FORM – every player must complete an indemnity and medical form!	
BEDDING AND CUTLERY		✓
4.	All players must bring their own bedding & towels (if a sleeping bag is used, bring a fitted sheet (mattresses can sweat));	
5.	Bedding will be provided to coaches . Coaches supply own bath- and swimming towels.	
6.	Cutlery will be provided to all players and coaches .	
CLOTHING AND ACCESSORIES		✓
7.	Three (3) sets of playing kit, a pair of netball shoes & fresh socks for the matches.	
8.	Comfortable clothing to wear during relation at the end of the day.	
9.	A pair of “plakkies” or comfortable shoes to wear during free time and relaxation.	
10.	A warm jacket and/or tracksuit – evenings can be cold;	
11.	Pyjamas or a comfortable tracksuit to sleep in.	
12.	Swimming suit and a swimming towel ;	
13.	A raincoat and flashlight are <i>optional</i> but might be very handy!	
14.	Washing powder to wash playing kit. Sadly, we do not have a laundry on site.	
15.	Sunscreen , a hat/peak and water bottle are essential for every player!!!!	
16.	Mosquito and insect repellent important – Mutango are situated in the bush veld.	
17.	Every player needs to bring her own personal medication for chronic illnesses .	
18.	Toiletries according to personal needs and use.	
COACHES		✓
19.	School's need to bring a full First Aid Kit as per their school's policy. NO medicine will be dispensed by the hosts of the course.	
20.	Paramedics will be on duty during the tournament. Players to provide their own strapping.	
21.	One (1) set of bibs (coaches' responsibility).	
22.	Coaches need to bring own whistle. Score cards and score boards will be provided.	
23.	Teams provide their own balls for warm-ups .	
24.	A fridge and kettle are available in majority of the coaches' rooms.	
25.	A gazebo per team is a good idea – little shade available at the courts (<i>optional</i>).	
GENERAL AND OTHER		✓
26.	Players provide their own recovery snacks between matches. Lunch is provided to all players (residing and day visitors). Day visitors are responsible for their own dinner.	
27.	Pocket money: a very limited tuck shop will be available once a day (<i>optional</i>).	
28.	Money for the Sportisimo Shop: Gilbert nr.4 & 5 match- & training balls are available as well as T-shirts, warm-up tops, peaks and other items are for sale (<i>optional</i>).	
29.	A positive, lively attitude, with lots of energy!!!	