



Soccer Preseason Family Checklist

- Register your player(s)
 - Complete & update all your player & family information
 - Do you need to order uniform? (need new or larger size?)
 - Submit payment immediately or A.S.A.P.

- Examine soccer gear
 - cleats-proper size? laces intact? need to clean?
 - shin guards-proper fit? need to clean?
 - ball size-right for age level? need pumped? labeled with last name?
 - water bottle(s)-clean? usable? labeled?
 - socks-fit? clean?
 - uniform (if proper fit)-clean? ready to use?
 - warm-up gear-fit? clean? ready to use?
 - practice clothes-fit? layers?

- Upon receiving team(s) information, make sure to have:
 - time(s) & day(s) of week for practice(s)
 - travel first aid kit (not all clubs have readily available)
 - directions to field(s) & where to go once there
 - coach(es) contact information

- Talk with your player(s)-set positive expectations
 - Reminder to respect soccer property & equipment
 - Manners-adults & players
 - Pick up trash!
 - How to deal with negative thoughts & situations
 - Being a good sport, team player

