

Pre-season kit checklist

- ☐ Stick fits (hip-bone test)
- ☐ Stick checked for cracks
- ☐ Grip in good condition
- ☐ Shin guards fit and fasten
- ☐ Mouthguard fitted
- ☐ Boots suitable for pitch surface
- ☐ Water bottle labelled
- ☐ Team kit sized