

WHS BOYS' TENNIS EQUIPMENT BASICS

Your bag should ALWAYS have the following equipment:

Racquet (2 of same kind is preferable for varsity level), strung and ready to play

- strung once a month or so – whether strings break or not
- extra overgrip if you use it

Tennis shoes – no, really. Actual tennis shoes – not skate shoes, basketball shoes, indoor soccer shoes, cross trainers or other athletic shoes, but actual tennis shoes. Keep extra laces handy. Replace when sole wears out or your toes pop through. Shoe Goo is a good quick fix for soles.

Clean uniform shirt and shorts; clean and dry socks.

Extra socks, t-shirt (long or short sleeve), towel, hat, sweatshirt and sweat pants. You need layers of clothing particularly for the first two months of tennis season, and extra dry clothing for the last month.

Suntan lotion – 35 SPF and sweat proof

Water and/or Gatorade – you are responsible for hydrating!

Snacks, energy bar or some source of quick calories and nutrition – you are responsible for fuel, especially on long trips

With parents' permission only – analgesic cream and/or Motrin.

Band-aids and athletic tape.