



CLINIC CHECKLIST

- Athletic Shoes** – Bring shoes appropriate for our daily sports activities. Flip-flops or sandals are not safe for our activities.
- Hockey Gear** – Mouth guards are required (USA Hockey rule).
- Yoga Mat** – Borrow a mat from your parents or friend if you do not have one. If purchasing a mat, you can buy a good, inexpensive mat at T.J. Maxx, Marshalls, ROSS, or Target. If you prefer online shopping, visit www.yogaaccessories.com.
- Bath Towel or Small Blanket** – Either will do. *Please bring in addition to your yoga mat.* The purpose is to provide more comfort, additional support, and a workout towel to keep your face and body sweat-free during each session.
- Water Bottle** – Bring a filled water bottle with your name on it; works great to freeze half a bottle overnight. **3sneaks water bottles will also be for sale during the clinic.**
- Comfortable Clothing** – A T-shirt and shorts is best, but do not forget to bring layers (i.e. sweats, long-sleeved shirt, hoody).
- Lunch** – Lunch-time is limited. You're encouraged to eat at the rink. Options are a planned meal at the snack bar, bringing your own lunch, or an outside lunch delivered by a parent.
- Snacks** – With limited time between clinic activities, bring your favorite *healthy* snacks to keep your energy levels up.
- Notebook, Pen or Pencil** – You may wish to take notes on off-ice and on-ice sessions.
- Spending Money** – This is entirely optional. Some players bring cash for tape, skate sharpening, or snacks. Make sure you keep your money in a safe place!
- Medication** – Participants who will be self-administering medication (including Tylenol or aspirin) must have already turned in a SIGNED SELF-ADMINISTERING OF MEDICATION FORM by the first day (refer to the 'Medical Packet'). ALL MEDICATION (including over-the-counter medication) must be in original containers and labeled with the participant's name.
- Completed Clinic Forms (Medical Forms and Liability Waiver)** – NO player will be allowed to participate in the clinic unless these forms are submitted.

