

Game Day Checklist

- Uniform: Jersey, shorts, and socks provided by the club.
- Shin Pads: Mandatory for all players.
- Soccer Boots: Check your studs and laces.
- Water Bottle: Stay hydrated throughout the match.
- Black Long Sleeve Shirt: For colder days, to wear under the uniform.
- Snacks: Light, energising options like fruit or a protein bar.
- Sunscreen and Hat: Essential for sunny days.
- Medical Supplies: Any personal medications or first-aid items.