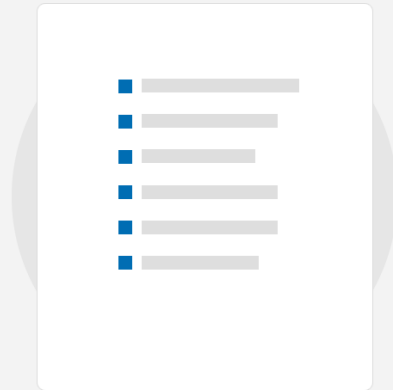


# The Pro Tips Tennis Checklist

For many individuals, tennis can become a lifelong sport. It challenges athletes to be better skillfully when they're beginners and better intellectually when they're in their more advanced years. Younger athletes can play tennis with agility across the entire court, while older players tend to play with more strategy, trying to out-hit their opponents with better precision en route to victory.



## EQUIPMENT

- |   |   |
|---|---|
| <input type="checkbox"/> Tennis Racquet | <input type="checkbox"/> Racquet String |
| <input type="checkbox"/> Tennis Balls   | <input type="checkbox"/> Grips          |

## APPAREL

- |  |  |
|--|--|
| <input type="checkbox"/> Tennis Shoes    | <input type="checkbox"/> Practice Skirts ( if needed ) |
| <input type="checkbox"/> Practice Shirts | <input type="checkbox"/> Sweatbands                    |
| <input type="checkbox"/> Racquet Bag     | <input type="checkbox"/> Practice Shorts               |
| <input type="checkbox"/> Tennis Socks    | <input type="checkbox"/> Hat/Visor                     |

## ACCESSORIES

- |  |   |
|--|---|
| <input type="checkbox"/> Water Bottle  | <input type="checkbox"/> Hair Ties/Headband |
| <input type="checkbox"/> Sunscreen     | <input type="checkbox"/> Sunglasses         |
| <input type="checkbox"/> Athletic Tape |   |

**TRAINING ( Optional )**

☐ Ball Hopper

☐ Cones

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