

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

- ☐ Tennis Racquet
- ☐ Tennis Balls

- ☐ Racquet String
- ☐ Grips

APPAREL

- ☐ Tennis Shoes
- ☐ Practice Shirts
- ☐ Racquet Bag
- ☐ Tennis Socks

- ☐ Practice Skirts (if needed)
- ☐ Sweatbands
- ☐ Practice Shorts
- ☐ Hat/Visor

ACCESSORIES

- ☐ Water Bottle
- ☐ Sunscreen
- ☐ Athletic Tape

- ☐ Hair Ties/Headband
- ☐ Sunglasses

TRAINING (Optional)

☐ Ball Hopper

☐ Cones

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