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
- [ ] Racquet String
- [ ] Tennis Balls
- [ ] Grips

APPAREL

- [ ] Tennis Shoes
- [ ] Practice Skirts (if needed)
- [ ] Practice Shirts
- [ ] Sweatbands
- [ ] Racquet Bag
- [ ] Practice Shorts
- [ ] Tennis Socks
- [ ] Hat/Visor

ACCESSORIES

- [ ] Water Bottle
- [ ] Hair Ties/Headband
- [ ] Sunscreen
- [ ] Sunglasses
- [ ] Athletic Tape

TRAINING (Optional)

- [ ] Ball Hopper
- [ ] Cones

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