



What Do We Think is Considered a Prepared Volleyball Backpack?

- **Whistle**
 - Each player will need a whistle as they will be responsible for reffing duties throughout the season. (Athletes will be trained on this at AVA and through online course completions as required by HOA)
- **Volleyball shoes**
- **Socks**
 - Solid black or white, mid-calf, athletic socks (brand of your preference)
- **Shoes to change into post-tournament/ games and practice**
- **Hair ties, headbands and bobby pins**
- **Spandex / Shorts**
 - Must be all black, brand of your choice
 - If possible, we suggest keeping a spare pair with you at all times
- **Jerseys**
 - Must bring all versions of our AVA jerseys with you to each tournament/ game. Be prepared for a jersey change.
- **Ankle braces** (if applicable)
- **Knee pads**
 - Your players preference on brand (black or white only)
- **Sports drink & snacks**
 - Personal preference, drink
 - Personal preference, snacks
- **Extra change, in case of concession stand/ snack machines**
- **Deodorant, hygiene and other feminine products**
- **Jewelry bag/ container**
 - It's almost unavoidable you'll at one point or another forget to remove a piece of jewelry that is not considered legal on the court. It's best you have a safe place to put this when that occurs!
- *Dryer sheet: BONUS! This helps contain and hide odor from athlete's shoes and knee pads*

**Blankets are optional to bring and sit on in our designated team camp-out areas at tournaments.*