



All Stars Packing List:

For Practices:

- Water Bottle
- Snacks (we will have some at the facility too)
- Lunch (if you are planning on staying at CSM during the break between sessions)
- Court Shoes
- Socks
- Ankle/Knee Braces (if necessary)
- Kneepads
- Spandex/Shorts/Leggings
- Arm Sleeves (if necessary)
- Team Practice Shirts (will receive the first day)

For Competition:

- All gear you receive from GPR (2x jerseys, 3x t-shirts, crewneck, warmup shirts)
- Court Shoes
- Socks
- Ankle/Knee Braces (if necessary)
- Kneepads
- Spandex/Shorts/Leggings – NEED TO BE BLACK
- Arm Sleeves (if necessary) – NEED TO BE BLACK
- Snacks
- Water Bottle

APPAREL RULES

With this being an FIVB tournament, they are more strict on uniform requirements. Just so you are aware when planning / packing, all athletes MUST wear BLACK spandex or leggings during competition, and if you wear arm sleeves, they must be black as well. To stay uniform with the entire team, we recommend having white kneepads and white socks, but this is not required. The shoe color does not matter.