



Leaside Volleyball Club Summer Programming 2021 – What to Bring

In advance of our Summer Training Programs, please find below a list of “Things to Bring/Send” with your athlete each day. As sharing of personal items will not be permitted, we ask that all items are clearly labelled with your athlete(s) name.

<input type="checkbox"/>	Lots of water! <ul style="list-style-type: none">• Athletes should bring enough water to support them for the entire day. Regrettably, we are unable to provide water coolers as we have done in previous years.• Label your water bottle(s) with your athlete’s name.
<input type="checkbox"/>	Hand Sanitizer <ul style="list-style-type: none">• All athletes are encouraged to bring their own hand sanitizer, labelled with their name.
<input type="checkbox"/>	Facial tissues / wipes and a closed container (Ziploc bag) <ul style="list-style-type: none">• The closed container allows for the safe disposal or storing of all hygienic materials (Kleenex).• These must be disposed of at home or in a lidded garbage container at Ashbridge’s Bay.
<input type="checkbox"/>	Mask and gloves <ul style="list-style-type: none">• Wearing of masks and gloves is optional. However, for instances such as washroom breaks or visiting a food vendor / Tim Horton’s, athletes may wish to don a mask and gloves as additional protection.
<input type="checkbox"/>	Sunscreen <ul style="list-style-type: none">• As athletes will not be permitted to share sunscreen, please ensure your athlete brings their own sunscreen, clearly identified with their name.
<input type="checkbox"/>	Sand socks and/or several pairs of old socks that you do not mind getting dirty / holes <ul style="list-style-type: none">• The sand can get extremely hot and cause burns and even blisters to feet.• Sand socks can be purchased at volleyball retailers such as Canuck Sports Stuff https://www.canuckstuff.com
<input type="checkbox"/>	Sunglasses (recommended)
<input type="checkbox"/>	Lunch and snacks for mid-morning and mid-afternoon breaks
<input type="checkbox"/>	Towel
<input type="checkbox"/>	Training clothes <ul style="list-style-type: none">• Shorts, t-shirts (that you don’t mind getting dirty)• Athletes may consider bringing a second change of clothes in case of rain• Bathing suit



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<input type="checkbox"/>	Cash is optional <ul style="list-style-type: none">• There is a local Tim Horton's and several popsicle/ice cream trucks available at the beach should your athlete wish to purchase something there. We ensure a coach accompanies the athletes.
<input type="checkbox"/>	Any required medications, for example, asthma puffer