



Youth Recreation Clinic

What to Bring

- Water bottle
- Sunblock
- Hat or ballcap
- Small towel for wiping face
- Bug repellent
- Athletic shoes (indoor and outdoor) see below
- Socks
- Sweatshirt for cool weather
- Optional: Umbrella or rain jacket
- Dirt-free athletic shoes (for wearing indoors)
- Outdoor athletic shoes (for wearing outdoors)
- Athletic pants

Families will be playing on two types of surfaces. One will be the outdoor field, where participants will be playing on a grassy surface. Another will be the recreation center, where they will need to wear dirt-free athletic shoes or socks. Sweatpants or athletic-type long pants and a light long-sleeved shirt is recommended for all activities.