STUDENT ATHLETE CHECKLIST

A season-long companion for student athletes in grades 5-12. Work through each section with a parent or guardian, and check items off as you go.

BEFORE THE SEASON

- ☐ Schedule and complete a sports physical exam and keep a copy with your family.
- ☐ Confirm registration is complete and all league fees are paid or assistance is requested.
- ☐ Gather required gear: uniform, shoes, protective equipment, and a proper-sized bag.
- ☐ Meet your coach and exchange contact information (phone and email).
- ☐ Review the full practice and game schedule with your family and plan transportation.
- ☐ Set two academic goals for the season and share them with a parent and your coach.

DURING THE SEASON

- ☐ Arrive at practices and games on time, prepared, and hydrated.
- ☐ Check team communication channels (app, email, or group chat) every day.
- ☐ Report any injury or pain to your coach and parents right away — never hide it.
- ☐ Keep your uniform and equipment clean and in good condition.
- ☐ Get 8-10 hours of sleep, especially before game days and travel.

IN THE CLASSROOM

- ☐ Track every assignment and test date in a planner or phone app.
- ☐ Meet with teachers before missed class days for travel or tournaments.
- ☐ Use study halls, tutoring, and teacher office hours before you fall behind.
- ☐ Ask a parent or guardian to check grades with you every two weeks.

IF COSTS BECOME A BARRIER

- ☐ Tell your coach or school counselor as soon as you know a cost is a problem — early notice matters.
- ☐ Ask a parent or guardian to review deadlines and required amounts.
- ☐ Apply to Play Without Limits Athletics Foundation at pwlathletics.org.