

BACK-TO-SCHOOL CHECKLIST CONTRACTOR OF CHECKL

Ш	Submit coaching credentials and certifications (LPR, First Ald, background check
	Complete school athletic department forms and agreements
	Review and update player eligibility forms
	Organize team rosters and contact information
	Communicate important dates with athletic director and school staff
PI	LANNING & SCHEDULING
	Confirm practice schedules (days, times, locations)
	Schedule team meetings and parent meetings
	Finalize game schedules (home and away)
	Plan preseason conditioning and tryouts
	Prepare travel plans and transportation details for away games
E	DUIPMENT & UNIFORMS
	Inventory existing equipment (balls, cones, whistles, first aid kits)
	Order or replace uniforms and practice gear (if needed)
	Check condition of training aids and gym facilities
	Prepare team gear bags and hydration supplies
	Ensure all players have proper gear
TE	EAM COMMUNICATION
	Set up communication channels (group chat, email list, team app)
	Distribute team rules, expectations, and code of conduct
	/ I' / ' / ' / ' / ' / ' / ' / ' / ' / '

NISTRATIVE & PAPERWORK

COACHING PREPARATION

 $\hfill \square$ Review previous season's performance and stats

☐ Collect emergency contact and medical information

- $\hfill \square$ Develop practice plans and drills for skill development
- ☐ Plan offensive and defensive strategies
- ☐ Prepare motivational materials or team-building activities

☐ Share practice and game schedules with players and parents

☐ Stay updated on new basketball rules or changes

BACK-TO-SCHOOL CHECKLIST GOVERNMENT BACK-TO-SCHOOL CHECKLIST CH

H	EALTH & SAFETY Review concussion protocols and injury prevention plans Prepare a first aid kit and emergency action plan Coordinate with school nurse or athletic trainer
M	ISCELLANEOUS Arrange for team photos and media announcements Set goals for the season (team and individual) Plan community service or team bonding events Budget review and fundraising plans
N	OTES CONTRACTOR OF THE PROPERTY OF THE PROPERT

BACK-TO-SCHOOL CHECKLIST CONTROL CHECKLIST CONTRO

ACADEMIC PREPARATION

- ☐ Organize school supplies and backpack
- ☐ Review class schedule and important dates
- ☐ Set academic goals for the semester
- ☐ Arrange time for homework and study around practice and games
- ☐ Communicate with teachers about your basketball schedule (if needed)

PHYSICAL PREPARATION

- ☐ Get a sports physical or health check-up (if required)
- ☐ Hydrate regularly and maintain a balanced diet
- ☐ Start preseason conditioning and stretching routines
- ☐ Get enough rest and sleep for recovery

BASKETBALL GEAR

- ☐ Check and pack basketball shoes (make sure they fit and are in good condition)
- □ Pack practice clothes and uniforms
- ☐ Bring basketball, water bottle, and towel to practice
- ☐ Bring any personal protective gear (knee pads, braces, mouthguard)
- ☐ Label all gear with your name

TEAM & COMMUNICATION

- ☐ Know the practice and game schedule
- ☐ Join team communication groups (apps, text, email)
- ☐ Understand team rules and expectations
- ☐ Have emergency contact and medical info ready
- ☐ Attend team meetings and parent meetings

MENTAL & EMOTIONAL PREPARATION

- ☐ Set personal basketball goals for the season
- ☐ Practice positive self-talk and focus techniques
- ☐ Develop a pre-game warm-up and mental routine
- ☐ Be open to feedback and ready to learn from coaches and teammates

BACK-TO-SCHOOL CHECKLIST

H	EALTH & SAFETY Keep up with hygiene—wash uniforms and gear regularly Know how to report injuries or pain to coaches Follow concussion protocols and inform adults of any head injuries Practice safe play and respect opponents and officials
	ISCELLANEOUS Arrange rides to and from practice and games (if needed) Plan how to balance schoolwork, basketball, and free time Pack snacks for after practice or games Stay updated on any team announcements or changes
N	DTES

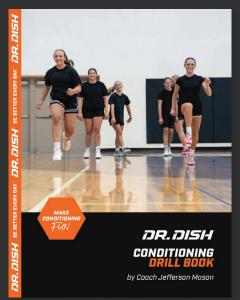
ENJOY THIS CHECKLIST?

SET YOURSELF AND YOUR TEAM UP FOR SUCCESS BY ACCESSING 150+ PAGES OF FREE RESOURCES

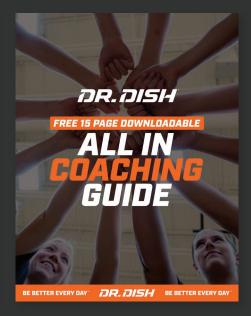
DOWNLOAD NOW



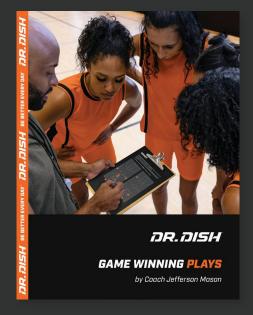
OFF-SEASON PLAYER GUIDE



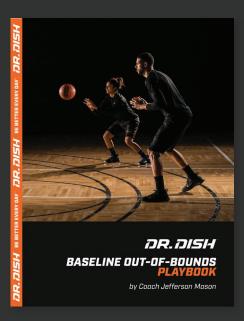
CONDITIONING DRILL BOOK



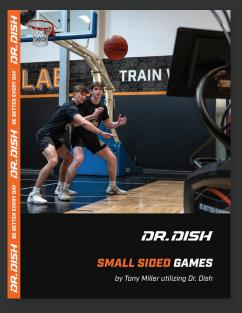
ALL IN COACHING GUIDE



GAME WINNING PLAYS



BASELINE NUT-NF-ROUNDS



SMALL SIDED GAMES



#1 SELLING SHOOTING MACHINE IN AMERICA™



DISCOVER THE TOP TRAINING SOLUTIONS

FOR SCHOOLS, PROFESSIONAL TEAMS, HOMES AND TRAINING FACILITIES

CONTACT US FOR MORE INFO