

The Ultimate

SPORTS MUM

CHECKLIST

Stay prepared, **stress less**
and enjoy the game



www.peakplay.net

Checklist



Pre-Practice / Pre-Game Prep:

- Pack water bottle (filled & chilled)
 - Healthy snacks
 - Uniform/kit (jersey, shorts, socks, warm-up gear)
 - Shoes/cleats (double-check they're in the bag!)
 - Protective gear
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Game Day Extras:

- Folding chair or blanket for sidelines
 - Weather gear
 - Cooler with snacks/drinks for the team
 - Phone/camera for memories
 - Positive attitude
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Post-Practice / Post-Game:

- Recovery snack
 - Refill water bottle
 - Extra clothes/shoes (especially dry socks!)
 - Bag for muddy/dirty gear
 - Quick stretch or cool down
 - Encouraging words (focus on effort, not just results)
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At Home

- Laundry: wash & dry gear
 - Double-check the schedule
 - Pack bag the night before
 - Rest & downtime (balance is key!)
 - Homework/school priorities checked off
 - Nutrition plan for the week (balanced meals)
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Hi, I'm Tammy



I founded Peak Play to help parents find the one-of-a-kind, right-size path for their student-athletes while avoiding the dangers in student sports.

I'm putting all my hard earned knowledge into courses and workshops and free resources for you!

As part of my mission to protect student athletes, I also advocate for safety legislation.

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