



Virtual Sports Camp Checklist

Athletics

- Empty paper towel or wrapping paper roll

Basketball

- Ball
- Shoes or water bottles for cones

Bocce

- Socks (preferably long)
- Painter's tape
- Piece of string or yardstick
- Small bean bag/nerf ball/tennis ball
- Water bottle or sneakers for cones

Bowling

- 1-3 water bottles
- Water
- Indoor ball
- 1-5 soda bottles or plastic milk jugs
- Scissors
- Tape
- Small tennis ball or similar ball

Flag Football

- Pillow
- Hula hoop
- 10 water bottles or shoes for cones

Floor Hockey

- Roll of painter's tape or duct tape
- Broomstick or something similar
- Cardboard box

Golf

- Broom handle or yardstick/small stick
- Plastic golf ball or pink pong ball
- Plastic cup

Soccer

- Water bottles

Softball

- Empty paper towel or wrapping paper roll
- Tennis ball (or other indoor ball)

Swimming

- Towel
- Water bottle (with water in it)

Tennis

- Four sheets of paper
- Rubber band
- Frying pan (or tennis racquet)

Volleyball

- Beach or bath towel
- Strong tape
- Bins (laundry basket, trash cans)