

Adaptive Starter Toolkit Checklist/Worksheet

Courts & Coaches	Item	Description
	Maximum of 6 athletes per court	Important to maintain spacing for safety
	Length of session	1 hour is ideal for youngsters and beginners, up to 1.5 hours for more experienced
	Athlete/coach ratio	<p>Typical minimum is 2 coaches per court. The ratio could be as low as 2/1, but could be higher based on various factors. If athletes are more experienced, more mature, more advanced, or at a higher skill level, each coach might be able to work with more than 2 players while keeping all engaged. Keep in mind that safety is paramount, and all coaches must be able to constantly scan for possible issues (health, injury, etc.) while working with athletes.</p> <p>Medical safety is your top priority — be mindful of weather conditions, court conditions, hydration, and pacing — particularly on a hot day. Make sure you are made aware of noteworthy athlete health issues. And keep scanning your athlete group to make sure everyone looks okay — if anyone looks unhealthy in any way, be sure to involve caregivers, parents, teachers, aides or anyone else who knows the athletes better than we do as coaches.</p> <p>Physical safety depends on coaches to remind athletes frequently to look out for others and use adequate spacing for running and swinging racquets.</p>

Gear	Item	Description/Purpose	Notes regarding Cost and Quantity Needed (if not obvious)	
	Clothespins	Scorekeeping (clip to net to represent points)	Dollar store or Amazon (very inexpensive)	
	Marker board or pad		Uline or Amazon (Dry erase is pricey, shop for easel and large format pad, or "Post-it" Easel Pad)	
	Wristbands or headbands (silicone or terrycloth)	Team colors for competition	Amazon (lowest cost is silicone wristbands)	
	Nametags	Call athletes by name, can also double to identify team colors	Amazon (very inexpensive)	
	First aid kit	Emergency	Amazon (\$15-20)	Essential!
	Spots (aka dots)		Amazon (\$2-3 each for 10" diameter)	
	Cones		Amazon (\$1-2 each, varies w durability, size)	
	Agility ladder		Amazon (\$14-45)	
	Buckets		Amazon, Home Depot	
	Beach ball, floaty ball		Amazon(\$15-45)	
	Wire-frame hoppers		Amazon(\$30-50, often donated)	Quantity of hoppers depends on number of courts, athletes per court, skills diversity
	2-part hoppers (rolling, legs & cloth basket separate)	Typically called a "travel cart". Court on 70+ balls per hopper, less if red felt or foam. 1-2 hoppers per court depending on activity and number of players.	Amazon(\$120-180,durability issues at low end of range)	Convenient but pricey
	Quick-start balls, slowest to fastest	Red - foam	\$2-4 per ball in quantity	Quantity and combination of ball types needed varies with group size and athlete skills diversity
		Red - felt	\$1-2 per ball in quantity	Use whatever balls work best, no wrong answers
		Orange	\$1-2 per ball in quantity	
		Green Dot	\$1-2 per ball in quantity	
	Regulation tennis balls	Yellow	\$1-1.50 per ball in quantity	
	Racquets	Various sizes for smaller children to adults: 19", 21", 23", 25", 26", 27"	27" racquets are often donated (used). Smaller racquets can be pricey (\$35+) for durable composite (metal and fiberglass) construction, economical (\$12-15) if aluminum). Composite offers more swing weight for solid feel and durability.	

Mesh bag for racquets and misc. accessories, first aid kit, etc.	One will hold about 20 racquets; also good for training accessories (spots, cones, nametags, etc.)	Amazon (very inexpensive)	
Stop watch or race clock	A race clock that is visible to all on the court is fun, but an expensive item. A stop watch app on a phone works well, too.	\$0(smart phone app), \$15(small handheld), \$1000+(raceclock with large format display)	