

# Pre-Tryout Checklist for Fitness Center Athletes

Date: \_\_\_\_\_

Dear [Athlete's Name],

As you prepare for the upcoming tryouts, please ensure you complete the following checklist:

- Submit your registration form by [deadline].
- Obtain a physical examination from a licensed physician.
- Review and understand tryout rules and expectations.
- Confirm attendance at the mandatory pre-tryout meeting on [date].
- Prepare your personal fitness goals and bring them to the meeting.
- Ensure you have the proper athletic gear and equipment ready.
- Hydrate well and maintain a balanced diet leading up to tryouts.
- Arrive at least 15 minutes early on tryout day.

If you have any questions, please feel free to reach out to the coaching staff.

Best of luck,

[Your Name]

[Your Title]

[Fitness Center Name]