

Oregon Camp Checklist for Goalkeepers

- **Size 5 Inflated Soccer Ball**
- **GK Pants recommended vs shorts**
 - **Dress according to weather**
 - **Shinguards Mandatory**
 - **Water Jug**
 - **Bring 1-2 pairs of gloves**
 - **Face Towel**
- **Use restroom before attending camp**
- **Get a good night sleep the night before each camp day**

If you have meds that must be with you during training, please bring. Coach Andreas is also an Athletic Trainer so if you need an ankle taped, wrist taped, bring your own athletic tape.

Lunch Break is from Noon-1pm. Please bring your own lunch to have at the field or in a car. Goalkeepers are allowed to visit surrounding eateries to eat. Camp will resume at 1pm SHARP. Eat light!

Parents are welcome to stay to watch. If goalkeeper is being dropped off, please make sure they are taken care of during lunchbreak and also arrive on time for pick up at 3pm.

Coach Andreas Papakostas: 815-263-3597

Coach Michael Kappas: 757-675-0549