



## Checklist for Goalkeepers

1. Please use the bathroom at home prior to coming to camp
2. Must bring LOTS of water. (I prefer a drinking cooler)
3. Must bring 2 soccer balls inflated (Size 5)
4. Must bring your attire:
  - a. Goalkeeper gloves (make sure they are clean)
  - b. Goalkeeper Jersey (Long Sleeve Preferred)
  - c. GK pants preferred rather than just shorts
  - d. Soccer Cleats
  - e. Shin Guards
  - f. A towel (for wiping sweat or dirt)
  - g. Sunscreen
5. If you have a fever or do not feel good, please do not attend.
6. Please arrive 10 minutes early to check-in.

Make sure you get a goodnight's rest the day prior to the camp.