

All-Out Goalkeeper Camp
July 19-22, 2023
Benedictine University in Lisle, IL
14 – 22 years old
Olympic GK Academy
www.olympicGKacademy.com

Goalkeeper Checklist - Commuters

Mandatory for Training:

- Soccer Cleats, 1 pair of Indoor Soccer Shoes
- Shinguards, Soccer Socks
- Shorts/Goalkeeper Shorts and/or Goalkeeper pants
- Goalkeeper Tshirt and/or Goalkeeper Shirt
- GK gloves (1-2 pairs)
- Water Bottle/Jug
- Face towel
- Any pre-wrap, braces, athletic tape or specific prevention/treatment measures
- 1 Inflated Size 5 Soccer Ball

When not Training (meals, workshop):

- Slides/Flip Flops
- Extra casual clothes (pair of shorts & tshirt)

Personal Care:

- Medicine if needed
- Sunscreen
- Mosquito Repellent

Extra:

- Snack Food to have with in your bag
- Pen/Notepad
- Cell Phone Charger