ALL-OUT Jr GK CAMP 2027
Northern Arizona University in Flagstaff, AZ
Ages 10-8th Grade
www.olympicGKacademy.com

Goalkeeper Checklist - Residential

Mandatory for Training:

- 1-2 Pair Soccer Cleats, 1 pair of Indoor Soccer Shoes (incase we need to go indoors)
- Shinguards, 4 – 6 pairs of Soccer Socks
- 3-5 Shorts/Goalkeeper Shorts and/or Goalkeeper pants
- 3-5 Goalkeeper Tshirts and/or Goalkeeper Shirts
- 1-2 Pairs of GK gloves
- Water bottle/jug
- 3-5 face towels
- Any pre-wrap, braces, athletic tape or specific prevention/treatment measures
- 1 Inflated Soccer Ball (size 4 for 9v9 and size 5 for 11v11)

When not Training (meals, downtime):

- Slides/Sandals, Sneakers & some socks
- 4 days of casual clothes (tshirts, tank top, shorts, sweats,PJ's)
- 1 hoodie or light jacket

Personal Care:

- Toiletries
- Bath Towel
- Over the counter Medicine (Advil, Tylenol, Aleve, Eye Drops, Allergy Pills)
- Sunscreen & chapstick
- Mosquito Repellent
- Prescribed Medication

For Room:

- Bed Sheets/linens & blanket. Mattress is **Twin Extra Large**
- Pillow and Pillow Cover
- Any recovery drinks, fruits (there will be a refrigerator in each room)

Extra:

- Pen/Notepad
- Snack Food for your room
- Cell phone/charger (used for alarm as well, make sure an alarm app is on phone)
- Foam roller, roller and any massage devices
- Popcorn or microwaveable snacks (we will have microwave available)