

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 - Residential

Mandatory for Training:

- 1-2 Pair Soccer Cleats, 1 pair of Indoor Soccer Shoes
- Shinguards, 3 – 5 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 Size 5 Soccer Ball

When not Training (meals, workshops):

- Slides/Flip Flops, Sneakers & some socks
- 4 days of casual clothes (tshirts, tank top, shorts, sweats,PJ's)

Personal Care:

- Toiletries
- Bath Towel
- Medicine if needed
- Sunscreen
- Mosquito Repellent
- Medication

For Room:

- Bed Sheets/linens & blanket. Mattress is Extra Large (twin)
- Pillow
- Small Refrigerator/Small Microwave is acceptable to bring

Extra:

- Pen/Notepad
- Snack Food for your room if you are residential or in your bag as a commuter
- Cell phone/charger
- Foam roller and any massage devices