



## 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 1 soccer ball. (Age appropriate & inflated please)
4. Must bring your attire:
  - a. Goalkeeper gloves
  - b. Goalkeeper shirt
  - c. Soccer Cleats
  - d. Shin Guards
  - e. A towel (for wiping sweat or dirt)
  - f. Sunscreen
5. PLEASE COME ALREADY DRESSED & PREPARED

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