

SOCCER ACADEMIES

Located at Dartmouth College

IMPORTANT ITEMS TO BRING TO OVERNIGHT CAMP **DARTMOUTH COLLEGE** **SUMMER 2007**

Soccer Academies will provide each camper with the following:

1. nike soccer ball
2. 2 camp t-shirts (1 grey and 1 green)
3. 1 pair of camp shorts
4. 1 pair of camp socks

What should I bring?

- Extra T-shirts (white) /shorts (black) and soccer socks (green)
- Rain gear and sweatshirt
- Plenty of clean socks
- Soccer cleats (broken in – molded)
- Sneakers or indoor soccer shoes
- Casual clothes
- SUNSCREEN!
- SHINGUARDS! (Required)
- Laundry Bag
- Towels
- Sheets, pillow case and/or sleeping bag (Soccer Academies does not provide linens, each room has a bed, pillow and blanket)
- Toiletries
- Water bottle
- Alarm Clock
- Any medications brought to camp must be registered with athletic trainer at camp registration
- Please notify us with any specific dietary requirements and bring any appropriate snacks

Optional items:

- \$ for snacks and Dartmouth Soccer souvenirs, and any extra equipment
- Personal items
- Extra contact lenses
- Fan (strongly recommended)
- Flip flops or slides

DO NOT bring a pair of brand new cleats or training shoes to camp! We strongly suggest that you break them in prior to arriving at camp in order to prevent blisters and sore feet.