

**All-Out Goalkeeper Camp**  
**July 16-19, 2025**  
**Benedictine University in Lisle, IL**  
**14 – 21 years old**  
**Olympic GK Academy**  
[www.olympicGKacademy.com](http://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
- 2-3 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/Sandals, Sneakers & some socks
- 4 days of casual clothes (tshirts, tank top, shorts, sweats,PJ's)

### Personal Care:

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

### For Room:

- Bed Sheets/linens & blanket. Mattress is **Twin Extra Large**
- Pillow and Pillow Cover
- Small Refrigerator is acceptable to bring

### Extra:

- Pen/Notepad
- Snack Food for your room
- Cell phone/charger
- Foam roller, roller and any massage devices
- Popcorn or microwaveable snacks (we will have microwave available)