

INDIANA ODP

REGIONAL CAMP 2007

WHAT TO BRING TO CAMP

Dorms/Hotels are *air-conditioned*.

The coach will assign your room-mate. Rooms are done alphabetically by last name.

You will get 3 meals each day.

ITEMS TO BRING:

- **Pillow**
- **GIRLS-Bed Linens & blanket** (*or sleeping bag*) (*Boys stay in hotels*)
- **Towels**
- **Toiletries** (*soap, shampoo, toothpaste, etc.*)
- **Sunscreen**
- **First Aid and medical needs** (*Advil, Band-aids, Tums, inhaler, etc.*)
- **Alarm Clock**
- **Small reading lamp or clamp lamp** (*optional*)

- **BALL, shinguards, GK equipment**
- **Cleats & Running or indoor Shoes**
- **Soccer Socks - black or white** (*enough for morning trainings*)
- **Tape for socks and ankle injuries, etc.**
- **solid Black Training Shorts** (*enough for morning trainings*)
- **A few T-shirts for personal time**
- **Underwear, sleepwear and socks**
- **Sandals or gym shoes**
- **Light weight jacket or rain gear**

If you are going to purchase training gear, don't forget our sponsor is ADIDAS! (You don't have to buy Adidas though)

- **\$ for snacks, ordering pizza, camp T-shirt** (*est. approx. \$50*)
- **Change for vending machines**
- **Your own favorite snacks**
- **Games, Cards, Music, Book for quiet time**
- **T-Shirts to trade with other teams (ODP or Club)**

*****MAKE SURE YOUR NAME IS ON EVERYTHING*****

Wear Tan/Khaki Shorts for the bus trip to and from camp
(you will receive a shirt to wear on the bus)

PLAYERS NOTE:

Do NOT WEAR CLUB T'shirts, Warm-Ups or Hats.

You will also receive equipment from **ADIDAS** :

*Indiana ODP team shirts, shorts, socks to wear when specified.

You will wear these items for training, meals, meetings and whenever the team is together. These items will be coordinated by your coach or administrator!

Team gear will be laundered by the administrators. Facilities are available to launder your own items if desired. (Bring change)

***** Make sure you don't over pack! *****

You have to be able to handle ALL of YOUR OWN stuff at check in, across to the dorms and up the stairs.

There will be a trainer available on the fields. If you need your ankle (or whatever) taped before training or games, bring your own tape.

Indiana Youth Soccer and/or US Youth Soccer is not responsible for lost articles. Think about how you want to safeguard your personal things.....