

LAST DEFENSE GOALKEEPING ACADEMY

Typical Camp Schedule:

7:00 AM	Wake-up
7:30 AM	Breakfast
8:15 AM	Day Campers Arrive
9:00 - 11:00 AM	Field training
11:30 - 12:30 PM	Lunch
12:30 - 2:00 PM	Rest Period
2:00 - 4:00 PM	Field Training
4:00 PM	Day Campers Depart
4:00 - 5:30 PM	Rest Period
5:30 - 6:30 PM	Dinner for Overnight Campers
7:00 - 8:45 PM	Goalkeeper Games
9:15 - 10:00 PM	Lectures and Videos
10:45 PM	Lights Out

Camp Item Check List:

<input type="checkbox"/>	Ball
<input type="checkbox"/>	GK Gloves
<input type="checkbox"/>	GK Jerseys
<input type="checkbox"/>	Compression Shorts or Long GK Pants
<input type="checkbox"/>	Cleats
<input type="checkbox"/>	Tennis Shoes
<input type="checkbox"/>	Shorts and T-Shirts (for 5 Days)
<input type="checkbox"/>	Bathing Suit
<input type="checkbox"/>	Rain Gear
<input type="checkbox"/>	Pillow and Linen
<input type="checkbox"/>	Laundry Detergent
<input type="checkbox"/>	Notebook and Pen