



**In order to be prepared for the camp, it is important that you bring the following items:**

- Bed sheets for a double bed or a sleeping bag
- Blanket and pillow(s)
- Towels
- Toiletries (shampoo, soap, toothbrush/paste)
- Sandals for swimming / swim suits
- Small cooler
- Snacks, Gatorade, bottled water (vending machines with these items are in the building)
- Soccer shoes for grass surface and turf
- Shoes for recreational and team building activities
- Socks/shorts/t-shirts for ten sessions
- Ball (please bring a good ball)
- Small amount of spending money (\$30-\$40)
- Sunscreen
- A Sony Playstation and small tv (only need a couple for the team)

**It is strongly recommended that you do not bring an iPad or any other electronic device with the exception of a phone. AVSA is not responsible for any lost or stolen items at the camp. In addition, there is no need for a refrigerator. We look forward to seeing everyone at the camp and if you have any questions please contact me at [mblatzy@avsasoccer.com](mailto:mblatzy@avsasoccer.com)**

**Mike Blatz**

**Director of Camps**

**Allegheny Valley Soccer Academy (AVSA)**