



ALL WORLD LACROSSE ACADEMY

What To Bring To Camp

Lacrosse Equipment

Everything you need to take the field for a full contact game. Make sure all equipment is clearly labeled with your first and last name. Sticks, helmet, gloves, shoulder pads, arm pads, mouth guards, cup and throat protectors (for goalies). We recommend bringing a second stick.

Shoes

Shoes for playing on both grass and artificial surfaces. In addition, you will need shoes for speed and agility work and in the weight room.

Performance Apparel

Everything you need to wear under your equipment. Compression shorts, shirts and socks – enough for five days of training, with multiple sessions per day.

Light Bedding

This includes sheets, a blanket and a pillow.

Toiletries

Towel, soap, toothbrush, toothpaste, shampoo, deodorant, sunscreen, bug spray, Goldbond, etc.,

Medications

Please notify the academy trainer at registration of any medical conditions and medications. This includes allergy medicine, inhalers and Epi pens.

Swim suit

Fan or Small AC Unit

Rooms are **NOT** air conditioned. We strongly recommend bringing a fan to help your room stay cool.

Water Bottles

Also available for sale in the camp store.

Alarm Clock

Coaches will wake up campers but it is a good idea to have your own clock to help you be on time for events.

Notebook & Writing Supplies

Players are encouraged to take notes during classroom sessions.

Optional – Spending Money

Funds for the academy snack bar and pro shop. Money should be deposited into the academy bank at registration. See Camp Store form.

WARNING

Please be advised that any electronic devices such as CD/DVD players, ipods, video games, televisions, radios, or cell phones are brought to the academy at your own risk. The All World Lacrosse Academy is not liable or responsible for lost and/or stolen items. Campers are warned not to bring any expensive electronics or jewelry. We advise campers to put cash and valuables in the academy store for safe keeping for the duration of the academy.

