## **Items to Bring to the Lineman Academy**

#### ALL PARTICIPANTS - MANDATORY ITEMS TO BRING THE ACADEMY

- Mouth piece (Available for purchase through the online camp store)
- Shoulder pads (Available for rental through the camp store at footballcamps.com)
- Helmet with chin strap (Available for rental through the camp store at footballcamps.com. Rentals come with chin strap)
- Football shoes (no metal or metal tipped cleats allowed)
- Tennis shoes
- One dark or light colored football jersey (Please order the Football Camp football jerseys in advance. They are available for purchase through the online camp store)

# OVERNIGHT PARTICIPANTS - MANDATORY ITEMS TO BRING TO THE ACADEMY

- Bedding (sheets-blanket-pillow) for a twin bed (No sleeping bags, please! They are too hot!)
- Old towels
- Personal items and toiletries
- Old tee shirts and shorts (nothing dressy)
- A large window fan! The dorm rooms are not all air-conditioned at all academies

#### SUGGESTED ITEMS TO BRING TO THE ACADEMY

- Sunblock
- Bright colored shoe string or lanyard to put your dorm key on (Available for purchase through the online camp store)
- Spending money (video games, vending machines, pizza, campus game room)
- Athletic Supporter with cup

#### OPTIONAL ITEMS YOU MAY WANT TO BRING TO THE ACADEMY

- Outdoor Basketball (put your name on it)
- Compression Shorts
- Football (put your name on it)
- Inexpensive camera (the little throw away cameras work great for the academy)
- "Egg Crate" mattress cover for twin size bed

### Sports International is not responsible for items lost or stolen.

Do not bring expensive items such as IPads or tablets, expensive shoes or clothing or ANYTHING of great value with you. We suggest you put your name on everything you bring to the academy!