

Outdoor Summer Performance Camp Checklist

- Camp T-shirt, shorts, sweater, track pants, hat and a light jacket
- Sunscreen (bug spray optional)
- Football Gloves
- Lunch and snacks. **Please note: we are a nut-free camp!**
- Cleats and running shoes
- Pen, Pencil and notepad
- Water bottle. **We have water coolers for players to refill their water bottles**
- *** Please, remember to label all personal items with the name of the athlete.**

Indoor Winter/Spring Performance Camp Checklist

- Shorts
- Running shoes
- T- shirt
- Football gloves
- A full water bottle
- Pen, Pencil and notepad
- Lunch and snack. **Please note: we are a nut-free camp!**
- *** Please, remember to label all personal items with the name of the athlete.**

Non-Contact Summer Camp Checklist

- Football cleats and running shoes
- Sunscreen and hat
- Camp T-shirt, shorts, light jacket, sweater, track pants (bringing an extra shirt is recommended)
- Sunglasses (Optional)
- Football gloves
- Lunch and snacks. **Please note: we are a nut-free camp!**
- Bug spray (Optional)
- Swimming trunks and a towel. **On swimming days only.**
- Water Bottle. **We have water coolers for players to refill their water bottles**
- Pen, pencil and a notepad
- *** Please, remember to label all personal items with the name of the athlete.**

****If the summer camp is scheduled to be a contact summer camp the players will need their own equipment.**

- Certified helmet that fits correctly
- Thigh pads, knee pads, hip pads, tailbone pad, girdle, shoulder pads, mouth guard and football jersey.

IRONWILL FOOTBALL Linemen Camp

- Certified helmet that fits correctly
- Thigh pads, knee pads, hip pads, tailbone pad, girdle, shoulder pads, mouth guard.
- Football jersey: White jersey for offensive linemen. Black jersey for defensive linemen.
- Football gloves
- Football cleats and running shoes
- T-shirt, shorts or track pants
- Water and water bottle
- Lunch and Snacks. **Please note: we are a nut-free camp!**
- **** Please, remember to label all personal items with the name of the athlete.***