



## **ADDITIONAL CAMP INFORMATION**

### **WHAT TO BRING**

#### ● **CLOTHING/EQUIPMENT**

- This is a non-contact camp. Accordingly, no helmets/shoulder pads are needed.
- It is recommended that you wear “work out gear”; wear what you would if you had a practice that you did not have to wear pads and helmets. This is not only for comfort and so you can work out properly, but also to ensure that you do not get overheated due to the weather.
- Sneakers are required. Cleats are recommended; but not required. Sandals, flip flops, any open-toe type shoe or Heelies (roller skate sneakers) are not recommended footwear for athletic movement and will not be permitted for use during the camp.
- Please do not bring personal items such as footballs, ipods, walkmans, or any other valuables to the camp. Al Golden Football Camp, LLC and Temple University are not responsible for any lost or stolen property.

#### ● **ADDITIONAL ITEMS**

- It is a good idea to have money available as lunch is not included in the camp costs and additional camp items (such as T-Shirts) will be available for you to purchase. PLEASE MAKE SURE YOU KEEP THIS IN A SECURE LOCATION WHERE YOU WILL NOT LOSE IT DURING THE DAY!
- It is up to you if you would like to bring your own water bottle. Hydration Stations will be setup on site and hydration breaks will be taken frequently.
- Pack light and pack smart! This is only a one-day camp, so you shouldn't need to bring too much!
- In the event of inclement weather, please check the camp website, [www.algolden.net](http://www.algolden.net) or contact the football office at 215-204-4964 for any changes or updates to the camp schedule.