

Checklist for SoccerMom Fitness Camp

1. Must bring water.
2. Must bring 1 size 5 soccer ball
3. Must bring your attire:
 - a. Soccer Cleats or Soccer Indoor Shoes (or gym shoes)
 - b. Shin Guards
4. PLEASE COME DRESSED & PREPARED.

**PLEASE ARRIVE ATLEAST 8 MINUTES EARLIER.
The camp will begin on time!**