



InterSoccer Gland Course Checklist

Please remember to bring the following to the course :

- Print out of Book Online Confirmation on first day
- Soccer kit including soccer boots (no metal studs) or sports shoes, sports shirt, shorts or /and tracksuit bottoms, tracksuit/ warm sports top. No jeans or trousers please.
- Depending on time of year, hat and gloves in case of cold weather
- Warm Rain jacket
- Shin pads for 7 years old and above. Please email Steve if you would like to purchase InterSoccer shinpads.
- Drinks bottle so children can have a drink without having to leave pitch
- Please label all clothing/equipment that participant brings
- Sun cream should be worn when the weather is hot