



InterSoccer Zurich Course Checklist

Please remember to bring the following to the course :

- Print out of Book Online Confirmation on first day
 - Seefeld is a grass pitch so please bring soccer kit including soccer boots (no metal studs) or sports shoes if no rain and pitch is dry, sports shirt, shorts or /and tracksuit bottoms, tracksuit/sports top. No jeans or trousers please. If bad weather the all weather pitch can be used.
 - 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 us at info@intersoccer.ch 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