



ODP Sub-Regional Events

What to Pack?

Most Louisiana Soccer Association ODP attended sub-regional events will be over a weekend and players will need to bring some training gear (Shirts, Shorts and Socks but no club apparel!) as well as suitable attire when relaxing. All players have signed a Region III ODP Code of Conduct form which must be adhered to at all times or you will be dismissed from all LSA ODP events immediately. Please remember that you are representing the Louisiana Soccer Association and the State of Louisiana and that our standards are extremely **HIGH!!!**

The following items are a necessity:

A water container is essential. (Most events will have water containers available for the players to refill from at the fields).

Sunscreen. (This is the South!!)

Cleats and Indoor soccer shoes. (In case we do something indoors).

A soccer ball – VERY IMPORTANT!!!

Shinguards and any other necessary protective equipment.

Swimsuit.

Light Rain Jacket. (If we get light rain we will still try and practice outside if at all possible).

Khaki shorts and a nice shirt. (We want to look presentable in the evenings).

Snacks and Sports Drinks can be left with the players if they so require. (We recommend no SODAS please!!)

Any toiletries needed.

Medications (Please inform the Age Group ODP administrator about any medications that your child needs to take if you are not attending the event. There may be some paperwork that needs to be filled out as well).

Please bring your Try-out t-shirt to all sub-regional events and we will also provide 2 ODP game/training shirts and 1 pair of ODP game/training shorts. Please remember that cleats are not to be worn on the bus (if used) or in the hotels so suitable footwear will be needed during these times.

Remember that ODP socks are available for purchase for \$10 a pair. Socks are not included as part of the training/game uniform. Your coach or administrator will have socks available at each event.

Member: US Soccer Federation - US Youth Soccer - US Adult Soccer Association.