

## Fall Training Camp Schedule Outline

### **Monday Aug. 6**

6:30a - REPORT

Dress/Tape

7a - Team Meeting

Everyone in Wt Room

7:10a - Install Meetings O/D/Film

D - Room

O - Wt. Room

7:45a - Practice #1

Helmets

Jog Through

#### **Install**

O/D Day 1

SpT KO/KOR

9a - Off Field

9:10a - Lift

#### **9:45a - Refuel Station**

10a - Check out Lockers

-Sr 1st

10:30a - Out/Treatment Time

2:30p - REPORT

Dress/Tape/Treatment Time

3:20p - Install Meeting O/D/Film

4p - Practice #2

Helmets

Full Tempo

6:10p - Off Field

6:10p - Dinner

7p - Dodgeball Tourney

Platoon v. Platoon

8p - OUT

### **Tuesday Aug. 7**

6:30a - REPORT

Dress/Tape

7a - Team Meeting

7:10a - Install Meetings O/D/Film

D - Room

O - Wt. Room

7:45a - Practice #3

Helmets

Jog Through

#### **Install**

O/D Day 2

SpT Punt/PR

9a - Off Field

9:10a - Lift

#### **9:45a - Refuel Station**

10a - Roster Info

-Ht, Wt, Jersey #

10:30a - Out/Treatment Time

2:30p - Dress/Tape/Treatment Time

3:20p - Install Meeting O/D/Film

4p - Practice #4

Helmets

Full Tempo

6:10p - Off Field

6:10p - Dinner

7p - Fall Parent Meeting

7:45p - Father v. Son Game

8:30p - OUT

**\*SCHEDULE SUBJECT TO CHANGE\***

**Wednesday Aug. 8**

6:30a - REPORT

Dress/Tape

7a - Team Meeting

7:10a - Install Meetings O/D/Film

D - Room

O - Wt. Room

7:45a - Practice #5

Helmets

Jog Through

**Install**

O/D Day 3

SpT PAT/FG

9a - Off Field

**9:05a - Refuel Station**

9:15a - Out/Treatment Time

2:30p - Dress/Tape/Treatment Time

3:20p - Install Meeting O/D/Film

4p - Practice #6

Shells

Full Tempo

6p - Off Field

6:05p - Dinner

7p - OUT

**Thursday Aug. 9**

6:30a - Dress/Tape

7a - Team Meeting

7:10a - Install Meetings O/D/Film

D - Randezee's Room

O - Wt. Room

7:45a - Practice #7

Helmets

Jog Through

**Install**

O/D Day 4

SpT KO/KOR

9a - Off Field

9:10a - Lift

**9:45a - Refuel Station**

10a - Out/Treatment Time

2:30p - Dress/Tape/Treatment Time

3:20p - Install Meeting O/D/Film

4p - Practice #8

Shells

Full Tempo

6p - Off Field

6:05p - Dinner

7p - Dynamic App Blitz

8:30p - OUT

**\*SCHEDULE SUBJECT TO CHANGE\***

**Friday Aug. 10**

6:30a - REPORT

Dress/Tape

7a - Team Meeting

7:10a - Install Meetings O/D/Film

D - Room

O - Wt. Room

7:45a - Practice #10

Helmets

Jog Through

**Install**

O/D Day 5

SpT Punt/PR

9a - Off Field

9:10a - Lift

***9:45a - Refuel Station***

10a - Out/Treatment Time

4:30p- REPORT

Dress/Tape/Treatment time

5:30p - Team Install Meetings

Everyone - wt. Room

Install pre-game routine

6:30p - Practice #11

***Full Gear***

BLACK/GOLD Scrimmage

6:30p Start Pregame

7p Start Scrimmage

Team White - Varsity O/JV D

Team Black - Varsity D/JV O

8p Finish Scrimmage

**Saturday Aug. 11**

7:15a - REPORT

Practice #12

-Table Rock Hike

-Bus Departs at 7:30

9:30a - Team Breakfast

**Monday Aug. 13**

2p - Lift

3p - Dress/Tape/Treatment

3:45p - Team Meeting

4p - Practice #13

Full

Install O/D Day 6

6p - Off Field

6:10p - Platoon Challenge

-Punt, Pass, Kick

**Tuesday Aug. 14**

3p - Dress/Tape/Treatment

3:45p - Team Meeting

4p - Practice #13

Shells

Install O/D Day 7

6p - Off Field

6:10p - Platoon Challenge

-Platoon Skits

**\*SCHEDULE SUBJECT TO CHANGE\***

**Wednesday Aug. 15**

2p - Lift

3p - Dress/Tape/Treatment

3:45p - Team Meeting

4p - Practice #13

Shells

6p - Off Field

6:10p - Platoon Challenge

- Condo Relay

**Thursday Aug. 16**

3p - Dress/Tape/Treatment

3:45p - Team Meeting

4p - Practice #13

Helmets

Condo

6p - Off Field

6:10p - Platoon Challenge

- Scavenger Hunt

**Friday Aug. 17**

Var/JV Jamboree - TBD

4p - Frosh Practice

**\*SCHEDULE SUBJECT TO CHANGE\***