

HIGH SCHOOL CAMP

June 24-25

Friday – June 24th

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| 8:00 a.m. – 9:30 a.m. | Registration at Fieldhouse – T-shirts - (Ht/Wt) – Justin Schwind Go to dorm for check in(Delta) – Keys () |
| 9:45 | Board Tram to Field House |
| 10:00 - 10:30 | Camp Introduction/house rules/welcome- Coach Jones (TURF) |
| 10:30 - 12:00 | Stretch/speed work/40/shuttle – Justin (instruction) Individual with Position coach |
| 12:00 | Board Tram to lunch– Hand out meal tickets on bus |
| 12:15 - 1:30 | Lunch – Fresh Market |
| 1:30 | Board Tram to fieldhouse |
| 1:45 - 2:15 | Individual meetings |
| 2:15 - 2:25 | Walk to the fields |
| 2:30 - 2:45 | Stretch/speed work (Duwan/Kurt – Split-up Air Jag # of campers Divided by 12) |
| 2:45 - 3:30 | Individual – Position coach |
| 3:30 - 4:05 | Dallas/1 on 1/Pass rush – Group work |
| 4:05 | Board Tram to delta dorm |
| 4:50 | Board Tram at dorm to supper |
| 5:00 - 6:00 | Supper- Fresh Market |
| 6:00 | Board Tram to field house |
| 6:15 - 6:45 | Recruiting/Strength and conditioning in Team Room– Brian/Justin |
| 6:45 - 7:15 | Position meet |
| 7:15- 7:20 | Walk to the fields |
| 7:20 - 7:25 | Stretch |
| 7:25- 8:00 | Individual- Position Coach |
| 8:00 - 8:15 | Dallas/1 on 1/Pass rush – Group work |
| 8:20 - 9:00 | Air Jag (2 games) |
| 9:05 - 9:20 | Walk to Dorm |
| 10:30 | Room Check – GA's |
| 11:00 p.m. | Lights Out |

Saturday, June 25th

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| 7:00 a.m. | Wake-up – (All GA's to report at 6:45 at dorm) |
| 7:25 | Board Tram from Dorm to Market Cafe |
| 7:30 - 8:15 | Breakfast – Fresh Market |
| 8:15 | Board Tram To Football fieldhouse |
| 8:30 - 9:10 | Individual meetings |
| 9:10- 9:20 | Walk to Field |
| 9:20- 9:35 | Stretch/Speed work - Justin |
| 9:35 - 10:30 | Individual – Position Coach |
| 10:30 -10:50 | Dallas/1 on 1/Pass rush - Group |
| 10:50 -11:00 | Coach Jones farewell address |
| 11:00- 11:15 | Recruiting / dismissal/walk to Dorms |
| 11:30 | Check-out – Stay in your room until Housing office checks you out. - Make sure you give your key to the person that checks you out of your room(\$50 fee if key not turned in) |