

HIGH SCHOOL CAMP

June 9-10

Saturday – June 9th

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

Sunday, June 10th

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)