

2009 FOOTBALL CAMP SCHEDULE (Session #1)

Monday, July 20, 2009

6:00 – 6:15 Admin Notes/Registration
6:20 – 6:25 Welcome Message (Commissioner)
6:25 – 6:40 Warm-Up (Coaches)
6:40 – 6:45 Water Break
6:45 – 6:55 Agility Drills (Coaches)
6:55 – 7:00 Water Break
7:00 – 7:35 Position Drills (Coaches)
7:35 – 7:40 Water Break
7:40 – 7:50 Instruction – Sportsmanship and Fair Play (Selected Coach)
7:50 – 7:55 Conditioning (Coaches)
7:55 End of Day

Tuesday, July 21, 2009

6:00 – 6:05 Arrival/Admin Notes
6:05 – 6:25 Warm-Up (Coaches)
6:25 – 6:30 Water Break
6:30 – 6:40 Agility Drills (Coaches)
6:40 – 6:45 Water Break
6:45 – 7:20 Position Drills (Coaches)
7:20 – 7:25 Water Break
7:25 – 7:35 Instruction – Offensive Positions (Selected Coach)
7:35 – 7:50 40 Yard Times (Coaches)
7:50 – 7:55 Conditioning (Coaches)
7:55 End of Day

Wednesday, July 22, 2009

6:00 – 6:05 Arrival/Admin Notes
6:05 – 6:25 Warm-Up (Coaches)
6:25 – 6:30 Water Break
6:30 – 6:40 Agility Drills (Coaches)
6:40 – 6:45 Water Break
6:45 – 7:20 Position Drills (Coaches)
7:20 – 7:25 Water Break
7:25 – 7:35 Instruction – Defensive Positions (Selected Coach)
7:35 – 7:50 Specialized Instruction (Coaches)
7:50 – 7:55 Conditioning (Coaches)
7:55 End of Day

Thursday, July 23, 2009

6:00 – 6:05 Arrival/Admin Notes
6:05 – 6:25 Warm-Up (Coaches)
6:25 – 6:30 Water Break
6:30 – 6:40 Instruction – Special Teams (Selected Coach)
6:40 – 7:50 Team Drills (Coaches)
7:50 – 7:55 Water Break
7:55 – 8:00 Conditioning (Coaches)
8:00 End of Day

Friday, July 24, 2009

6:00 – 6:05 Arrival/Admin Notes
6:05 – 6:25 Warm-Up (Coaches)
6:25 – 6:30 Water Break
6:30 – 7:30 Flag Football Games (Coaches)
7:30 – 7:35 Water Break
7:35 – 7:55 Camper Acknowledgement/Awards (Commissioner and Assistant Commissioner)
7:55 – 8:00 Final Message (Commissioner)
8:00 End of Camp

This schedule is subject to change and is to be used for planning purposes only. The Camp Coordinator has the responsibility and authority to determine daily camp activities.

2009 FOOTBALL CAMP SCHEDULE (Session #2)

Monday, July 27, 2009

6:00 – 6:15 Admin Notes/Registration
6:20 – 6:25 Welcome Message (Commissioner)
6:25 – 6:40 Warm-Up (Coaches)
6:40 – 6:45 Water Break
6:45 – 6:55 Agility Drills (Coaches)
6:55 – 7:00 Water Break
7:00 – 7:35 Position Drills (Coaches)
7:35 – 7:40 Water Break
7:40 – 7:50 Instruction – Sportsmanship and Fair Play (Selected Coach)
7:50 – 7:55 Conditioning (Coaches)
7:55 End of Day

Tuesday, July 28, 2009

6:00 – 6:05 Arrival/Admin Notes
6:05 – 6:25 Warm-Up (Coaches)
6:25 – 6:30 Water Break
6:30 – 6:40 Agility Drills (Coaches)
6:40 – 6:45 Water Break
6:45 – 7:20 Position Drills (Coaches)
7:20 – 7:25 Water Break
7:25 – 7:35 Instruction – Offensive Positions (Selected Coach)
7:35 – 7:50 40 Yard Times (Coaches)
7:50 – 7:55 Conditioning (Coaches)
7:55 End of Day

Wednesday, July 29, 2009

6:00 – 6:05 Arrival/Admin Notes
6:05 – 6:25 Warm-Up (Coaches)
6:25 – 6:30 Water Break
6:30 – 6:40 Agility Drills (Coaches)
6:40 – 6:45 Water Break
6:45 – 7:20 Position Drills (Coaches)
7:20 – 7:25 Water Break
7:25 – 7:35 Instruction – Defensive Positions (Selected Coach)
7:35 – 7:50 Specialized Instruction (Coaches)
7:50 – 7:55 Conditioning (Coaches)
7:55 End of Day

Thursday, July 30, 2009

6:00 – 6:05 Arrival/Admin Notes
6:05 – 6:25 Warm-Up (Coaches)
6:25 – 6:30 Water Break
6:30 – 6:40 Instruction – Special Teams (Selected Coach)
6:40 – 7:50 Team Drills (Coaches)
7:50 – 7:55 Water Break
7:55 – 8:00 Conditioning (Coaches)
8:00 End of Day

Friday, July 31, 2009

6:00 – 6:05 Arrival/Admin Notes
6:05 – 6:25 Warm-Up (Coaches)
6:25 – 6:30 Water Break
6:30 – 7:30 Flag Football Games (Coaches)
7:30 – 7:35 Water Break
7:35 – 7:55 Camper Acknowledgement/Awards (Commissioner and Assistant Commissioner)
7:55 – 8:00 Final Message (Commissioner)
8:00 End of Camp

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