

## 2010 FOOTBALL CAMP SCHEDULE (Session #1)

### **Monday, July 19, 2010**

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 20, 2010**

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 21, 2010**

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 22, 2010**

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 23, 2010**

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 Asst 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.**

## 2010 FOOTBALL CAMP SCHEDULE (Session #2)

### Monday, July 26, 2010

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 27, 2010

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 28, 2010

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 29, 2010

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 30, 2010

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 Asst Commissioner)  
7:55 – 8:00 Final Message (Commissioner)  
8:00 End of Camp

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