

## CAMP SCHEDULE: VOL CAMP AUGUST 4th

START	END	SCHEDULE	NOTES
7:30	10:00	Weight Room	
10:00		Hand out Gold Cards	

## HEAT CAMP SCHEDULE: AUGUST 6th TO AUGUST 8th

START	END	SCHEDULE	NOTES
7:00		LOCKER ROOM OPENS	
7:30	8:30	Weight Room	by groups
8:30	9:30	Track	by groups
9:45	10:00	Stretch	ALL PLAYERS ON FIELD
10:00	11:00	Practice	

## CAMP SCHEDULE: AUGUST 11th to 14th

START	END	SCHEDULE	NOTES
6:00		LOCKER ROOM OPENS	
6:45	7:30	Weight Room	by position
7:00	7:30	Meetings	see list of who and where
7:45	7:55	Specialist & walk through	ALL PLAYERS ON FIELD
7:55	8:00	Warm up	by position
8:00	8:05	Stretch	Lines
8:05	10:30	<b>MORNING PRACTICE</b>	
2:30		LOCKER ROOM OPENS	
3:45	3:55	Specialist & walk through	ALL PLAYERS ON FIELD
3:55	4:05	Warm up	by position
4:05	4:10	Stretch	Lines
4:10	6:00	<b>AFTERNOON PRACTICE (Tues 12th and 14th at Kott)</b>	
6:20	7:00	Weight Room	by position
6:20	7:00	Meetings	see list of who and where
3:30		<b>Board Bus for Kottmeyer</b>	<b>on Aug. 12th &amp; 14th only</b>
4:00	6:00	Practice at Kottmeyer	

## CAMP SCHEDULE: AUGUST 15th (Plateau)

START	END	SCHEDULE	NOTES
6:00		LOCKER ROOM OPENS	
7:00	7:30	Meetings	see list of who and where
7:45	8:00	Pre Game Check	ALL PLAYERS ON FIELD
8:00	8:20	2 Minute	by position
8:00	8:10	Stretch	Lines
8:10	10:00	<b>MORNING PRACTICE (Thursday format)</b>	
10:00	10:30	Matta's Pet Peeves	
10:45	12:00	Pancake Breakfast	
12:00	12:45	Get Uniforms	

1:00	??	Team Pictures	
<b>AUGUST 16TH SCRIMMAGE vs. Garnett Valley (10am)</b>			
7:00		Locker Room Opens/Taping Begins	
8:30		Walk through in gym	
9:15		Depart for Kottmeyer	
		JV first	
		Family Picnic in DEHS Café	
<b>AUGUST 17th OFF (REST &amp; EAT!!!)</b>			
<b>AUGUST 18th &amp; 19th</b>			
<b>START</b>	<b>END</b>	<b>SCHEDULE</b>	<b>NOTES</b>
1:45		LOCKER ROOM OPENS	
2:00	3:00	Weight Room	by position
3:30	3:40	Specialist & walk through	ALL PLAYERS ON FIELD
3:40	3:45	Warm up	by position
3:45	4:00	Stretch	Lines
4:00	5:30	<b>AFTERNOON PRACTICE</b>	
5:30	6:15	Dinner	
6:30	8:00	<b>EVENING PRACTICE (Plateau)</b>	
<b>CAMP SCHEDULE: AUGUST 20th</b>			
<b>START</b>	<b>END</b>	<b>SCHEDULE</b>	<b>NOTES</b>
1:45		LOCKER ROOM OPENS	
2:00	3:00	Weight Room	by position
3:30	3:40	Specialist & walk through	ALL PLAYERS ON FIELD
3:40	3:45	Warm up	by position
3:45	4:00	Stretch	Lines
4:00	5:50	<b>AFTERNOON PRACTICE</b>	
<b>AUGUST 21st SCRIMMAGE vs. Neshaminy</b>			
		TBD	
<b>AUGUST 22nd</b>			
<b>START</b>	<b>END</b>	<b>SCHEDULE</b>	<b>NOTES</b>
6:30		LOCKER ROOM OPENS	
7:30	8:45	Varsity Lift	JV Film
8:45	10:00	Varsity Film	JV Lift