**TREASURE VALLEY FOOTBALL CAMP SCHEDULE:**

* CAMPS WILL RUN JULY 13TH-16TH
* CAMPS WILL RUN BACK TO BACK
  + VARSITY 11:00-1:00
  + JV 1:00-3:00
  + FRESHMAN 3:00-5:00

**ROTATION**

**MONDAY:** ON YOUR OWN AT YOUR OWN SCHOOL

**TUESDAY:** CENTENNIAL @ MV

CAPITAL @ BORAH

**WEDNESDAY:** MV @ CAPITAL

CENTENNIAL @ BORAH

**THURSDAY:**  BORAH @ MV

CENTENNIAL @ CAPITAL

**DAILY SCHEDULE**

WARM UP 10 MINUTES

INDIVIDUAL (OFFENSE POSITION) 15 MINUTES

H2O 5 MINUTES

INSTALL 15 MINUTES

INSIDE/1 ON 1’S VS. OPPONENT 20 MINUTES

H2O 5 MINUTES

7 ON 7/LINEMAN WORK 20 MINUTES

H2O 5 MINUTES

TEAM 20 MINUTES

**GENERAL CAMP PROTOCOL**

* FRIENDLY COMPETITION IS WHAT WE ARE ALL LOOKING FOR—SPORTSMANSHIP IS KEY—DEMAND IT FROM YOUR ATHLETES
* WE NEED TO DISPLAY AND PROJECT COVID SAFETY GUIDELINES TO PROVE THIS CAN WORK
* EQUIPMENT SHOULD BE SPRAYED DOWN WITH SANITIZING SPRAY AS OFTEN AS POSSIBLE BETWEEN ROTATIONS AND CAMP SESSIONS
* HAND WASHING STATIONS PROVIDED WHERE POSSIBLE BY THE HOST SCHOOL
* BATHROOMS WILL BE OPEN TO ONE ATHLETE AT A TIME
* LOCKER ROOMS WILL NOT BE OPEN FOR STORAGE USE
* EVERY ATHLETE MUST BRING THEIR OWN WATER JUG
* COACHES ARE RESPONSIBLE TO POLICE/KEEP THEIR OWN AREAS CLEAN
* HOST SCHOOL WILL NOT BE RESPONSIBLE FOR EQUPMENT/SLEDS/ETC—BRING WHAT YOU WANT TO USE WITH YOU
* HOST SCHOOL WILL BE RESPONSIBLE TO PROVIDE AN ATHLETIC TRAINER
* EACH SCHOOL WILL PROVIDE THEIR OWN INSURANCE
* HOST SCHOOL WILL PROVIDE EQUAL SPACE FOR TEAMS TO WORK ON THEIR OWN PRIOR TO COMPETITION SEGMENTS EACH DAY
* HOST SCHOOL WILL HAVE LINES PAINTED ON FIELD

**COMPETITION PROTOCOL**

* ALL COMPETITIONS WILL BE THUD OR TAG TEMPO—NO LIVE REPS
* COACHES WILL WORK HARD TO KEEP PEOPLE OFF THE GROUND
* DEFENSIVE COACHES WILL BE RESPONSIBLE FOR THE WHISTLE EACH REP
* QB’S ARE ABSOLUTELY OFF LIMITS IN THE POCKET, IF THEY RUN, TAG OFF
* 10 MINUTES EACH TEAM ON EACH SIDE OF THE BALL PER COMPETITION SEGMENT
* DURING 1 ON 1’S FOR SKILL PLAYERS, COACHES WILL WORK TOGETHER TO SERVE EACH OTHER’S NEEDS
* DURING 7 ON 7, THE LINEMEN CAN GET TOGETHER IF THEY WANT TO WORK PASS RUSH OR DIFFERENT LOOKS—SAFETY MUST BE PARAMOUNT AT THIS TIME
* ROATATION OF YOUR ATHLETES IS UP TO THE INDIVIDUAL COACHES
* TEAMS CAN OPERATE AT THEIR TEMPO, EVEN IF IT IS NO HUDDLE
* THE GOAL IS FOR ALL OF US TO END CAMP WITH NO MAJOR INJURIES
* COACHES WILL WORK TOGETHER TO HELP EACH OTHER SEE DIFFERENT THINGS IF DESIRED
* COACHES WILL COMMUNICATE AND MAKE ADJUSTMENTS TO SCHEDULE IF NEEDED