

<i>Time</i>	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Time</i>
6:30am		WAKE UP	WAKE UP	WAKE UP	6:30am
6:45am		Breakfast Group 1	Breakfast Group 1	Breakfast Group 1	6:45am
7:15am		Breakfast Group 2	Breakfast Group 2	Breakfast Group 2	7:15am
7:30am		College Coaches Segment Meeting			7:30am
8:00am				Dorm Patrol and Clean Up	8:00am
8:30am		Offensive Segment Stretch (Form Run)			8:30am
8:40am		Individual Offensive Emphasis			8:40am
9:00am				Stretch By JV Team	9:00am
9:15am				JV Saturday Morning Mayhem	9:15am
9:30am				Varsity Stretch For Scrimmages	9:30am
9:40am		Offensive Team with High School Coach (Assigned Fields)			9:40am
10:00am				Varsity Scrimmage	10:00am
10:30am				Everyone to Game Field	10:30am
10:45am				Var. Saturday Morning Mayhem	10:45am
10:50am		Secure Practice			10:50am
11:00am		Pool (Optional)			11:00am
11:15am				Secure	11:15am
11:30am		Lunch Group 1	Lunch Group 1	Closing Remarks	11:30am
12:00pm		Lunch Group 2	Lunch Group 2	Lunch (Not Mandatory)	12:00pm
12:30pm	Registration At High Rise				12:30pm
1:30pm		College Coaches Segment Meeting			1:30pm
2:00pm		Defensive Segment Stretch (Form Run)			2:00pm
2:10pm		Individual Defensive Emphasis			2:10pm
3:10pm		Defensive Team with High School Coach (Assigned Fields)			3:10pm
4:00pm		7 on 7 (QB's, WR's, RB's, DB's LB's) One on One (OL-DL) See 7 on 7 Schedule			4:00pm
4:15pm	Coaches Meeting (Student Center Ballroom)				4:15pm
4:35pm	Players Meeting (Student Center Ballroom)	Secure Practice			4:35pm

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4:40pm		Pool (Optional)			4:40pm
5:00pm		Evening Meal Group 1	Evening Meal Group 1		5:00pm
5:10pm	Evening Meal Group 1				5:10pm
5:30pm		Evening Meal Group 2	Evening Meal Group 2		5:30pm
5:40pm	Evening Meal Group 2				5:40pm
6:15pm		JV Game Schedule (If Applicable)			6:15pm
7:00pm	Team Stretch				7:00pm
7:05pm		Team Warm Up For Scrimmages			7:05pm
7:20pm	Organizational Team Practice	Scrimmages (See Scrimmage Schedule Sheet)			7:20pm
7:30pm	Organizational Team Practice				7:30pm
7:50pm		Switch Groups			7:50pm
8:00pm		Scrimmages (See Scrimmage Schedule Sheet)			8:00pm
8:30pm	Secure Practice (T-Shirt Handout)				8:30pm
9:00pm	Free Time in Dorms	Free Time in Dorms			9:00pm
10:15pm	In Rooms	In Rooms			10:15pm
10:30pm	Lights Out	Lights Out			10:30pm

****Meal Groups****

(Please do not come to the Cafeteria until your assigned times)

Group 1 --

Group 2 --