

Athletes will be screened in the morning upon arrival at school. On Monday, August 10 we are asking groups to report at the following times to door #37 at Magic City Campus.

REPORT TIMES (MONDAY, AUGUST 10)

Grades 10 - 12 Quarterbacks	Grade 10 - 12 OL/DL/TE	Grades 10-12 RB/ LB/ K	ALL FRESHMEN	Grades 10 -12 WR/DB
7:45am	7:50am	8:00am	8:00am	8:10am

FALL CAMP OVERVIEW

**All times/plans subject to adjustment*

Monday, August 10	Tue., Aug. 11	Wed., Aug 12	Thur., Aug 13	Friday, Aug 14	Sat. August 15
<p>Practice #1 9:30am Warmup 9:45am - 11:45am HELMET & SHOULDER PADS</p> <p>30 Minute Break (rotate coaches, freshmen coaches move to other side of the ball)</p> <p>Practice #2 12:15pm Install 12:35pm - 2:30pm HELMET & SHOULDER PADS</p>	<p>Practice #3 9:15am Warmup 9:30am - 11:30am HELMET & SHOULDER PADS</p> <p>30 Minute Break</p> <p>Practice #4 Noon: Install 12:20 <i>Walkthrough 1</i> 1:00pm Weights & Conditioning 1 TRAINING KIT</p>	<p>Practice #5 9:15am Warmup 9: 30am - 11:30am HELMET & SHOULDER PADS</p> <p>30 Minute Break</p> <p>Practice #6 12:00pm Install 12:25 Warm Up - 2:15pm HELMET & SHOULDER PADS</p>	<p>Practice #7 9:15am Warmup 9:30 -11:30am FULL GEAR</p> <p>30 Minute Break</p> <p>Practice #8 Noon: Install 12:20 <i>Walkthrough 1</i> 1:00pm Weights & Conditioning 1 TRAINING KIT</p>	<p>Practice #9 9:15am Warmup 9:30 -11:30am FULL GEAR</p> <p>30 Minute Break</p> <p>Practice #10 12:00pm Install 12:20 Warm Up - 2:15pm FULL DEAR</p> <p>Distribute Fundraising Cards</p>	<p>AM Pictures V/JV1 - 8 AM So- 8:30 AM Fr. 9:00AM</p> <p>Practice # 11 1 Extended Practice after Pictures. Concluding 1PM.</p>
Monday, August 17	Tue., August 18	Wed., August 19	Thurs., August 20	Fri., August 21	Saturday, August,22
<p>Practice #12 9:15am Warmup 9: 30am - 11:30am Specials:Circuit</p>	<p>TO BE DETERMINED If we can continue</p>	<p>TO BE DETERMINED If we can continue "two-a-days" we will.</p>	<p>TO BE DETERMINED If we can continue "two-a-days" we will.</p>	<p>TO BE DETERMINED If we can continue "two-a-days" we will.</p>	<p>NO PRACTICE Begin Game 1 Prep.</p>

30 Minute Break Practice #13 12:00pm Install 12:20 Warm Up - 2:15pm	"two-a-days" we will. **Tentative plan** 3:20 Pre Practice 3:45 WarmUp PM Practice 3:45PM - 6:10PM FULL GEAR	**Tentative plan** 3:20 Pre Practice 3:45 WarmUp PM Practice 3:45PM - 6:10PM FULL GEAR	**Tentative plan** 3:20 Pre Practice 3:45 WarmUp PM Practice 3:45PM - 6:10PM FULL GEAR **FUNDRAISING NIGHT**	**Tentative plan** 3:20 Pre Practice 3:45 WarmUp PM Practice 3:45PM - 6:10PM FULL GEAR	
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WHAT TO BRING EVERY DAY

1. Gallon Water Jug
2. Snack for break
3. Training Kit (Issued T-shirt & Shorts)

****Pads will be stored in the locker that is issued****