

DABO SWINNEY YOUTH FOOTBALL CAMP

June 12-13, 2010

SATURDAY

Put Coach Inst. On Bags!!!!

TIME	ACTIVITY	ADJUSTMENTS/CHANGES
7:00	Staff Meeting - Team Meeting Room (West Zone)	Neil Paul -- Breakfast & Drinks
7:45	Registration: Stadium (Gate 1)	
8:00 - 9:45	Camp Registration	
10:00 - 10:30	Meeting with campers & parents at Memorial Stadium	Coach Swinney/CoachScott/ CoachBatson (P.A. System)
10:30	Walk To practice fields	
10:45	Practice #1 10:45 to 12:30	
	Organization of Campers/Teams	Maggie & Collins - Envelopes
	Group A:Grades 2,3,4, Group B:Grades 5,6,7	
	Warm-Up / Flex	
	Stations: Football Fundamentals- Finish with Team Relay (40) (30)	
12:40	Bus to Lunch (A First, B Swinney Ball Rules)	Coaches on Buses
12:45 - 2:00	Lunch	
2:00	Bus departs From Dining Hall for West Zone Tour (Highlight Video in Players Lounge)- Rock	Walk to Practice??
3:15	Practice #2 3:15 to 5:15	
3:15-3:30	Warm-Up / Flex	Maggie & Collins - Envelopes
3:30-5:00	(3) 15 Min Per/5 Min Break/(2) 15 Min Per/ (1) 10 Min Per	
5:00-5:15	Flex Lines	
	Grades 2-4 Offense/Defense Emphasis	
	Grades 5-7 Position Emphasis Individual,1 on 1, Skel	
5:20	Bus to Dinner	Dooley- Swinney Ball (B)
5:30 - 6:45	Dinner	
6:30	Start bussing to Practice (from Dining Hall)	Explain Games to A Group
7:00	Practice #3 7:00 to 8:50	
7:00-7:10	Flex	Maggie & Collins - Envelopes
7:10-8:50	Swinney Ball- 4 Games	Dooley- Swinney Ball Coord
8:55	Flex Lines	
9:00-9:25	Tour Wt. Room & Video	Walk to Wt. Room??
9:30	Walk to Death Valley then to Dorm (Pizza & Drinks Available)	Highlight Videos / Trainer Lobby
11:00	Lights Out	Coaches Check Rooms

SUNDAY

TIME	ACTIVITY	ADJUSTMENTS/CHANGES
7:15	Wake-Up	Airhorn / Team Coaches
7:45 - 8:30	Breakfast- * Team Coaches Take Your Team to Breakfast *	Check Roll
8:30	Bus to Practice From Dining Hall	
9:00	Practice #4 9:00 to 10:45	
9:00-9:15	Flex	Maggie & Collins - Envelopes
9:15-10:45	(3) 15 Min Per/ 5 Min Break/ (2) 15 Min Per/ (1) 10 Min Per	
10:45	Flex Lines (Relay) (20)	
10:55-11:15	Guest Speaker	
11:20	Bus to Lunch	
11:30- 1:00	Lunch	
12:30	Start bussing to Hill From Dining Hall (Picture with Swinney)	Bus to Practice from Gate 1
1:30	Practice #5 1:30 to 3:30	
1:30-1:45	Flex	Maggie & Collins - Envelopes
1:45-2:30	(2) 15 Min Per/5 Min Break) 10 Min Man to Man	
2:40-3:00	Football Tournament: Playoffs- (All Play 1 Game)	
3:10-3:30	Championship Games (A) (B)	A - Moat & B - Soccer
3:40	Flex Lines- (Hand Out Certificates) (Coaches Collect Keys and Put on Ring)	
	Final Instructions for Camp Departure	
	Championship Awards- (A-B)	Table & Crammer for Pics
	Coach Swinney	
4:15	Check-Out Procedures	
	Commuters Dismissed (By Coach Scott/ Coach Dooley Only)	
	Residents Will Be Dismissed by Coach Batson and Return to Dorm with Parents	
	Rooms will be Unlocked	
	All Coaches- Check Halls and Rooms During Check-Out	GA's, Pdev, TP's = Trash