## **2017 DABO SWINNEY FOOTBALL CAMP**

High School Session #1: June 6-8, 2017

	TUE	SDAY - June 6 201	17
11:00 - 1:00	TUESDAY - June 6, 2017 Camp Registration (Stadium - Gate 13)		
11:45-1:00	· · · · · · · · · · · · · · · · · · ·		
1:30	Pictures with Coach Dabo Swinney at the Rock (Optional)  All Campers assemble in the bleachers beside the "Hill" at Death Valley for a camp meeting		
2:00	Bus to practice fields		
2.00			
2:30	Practice #1 2:30 to 4:30	Organize Teams     Wester He / Floor	15 Min "RVA" = Routes Versus Air  A5 Min 4 and 4 Region 8 Relies
2.50		<ul> <li>Warm-Up / Flex</li> <li>Three 15 Min Individual Periods</li> </ul>	15 Min 1 on 1 Period & Dallas  Finish with a 40 years 8 20 Years Balance  The state of the
4:30	Bus to Dinner	Three 15 Min Individual Periods	Finish with a 40 yard & 30 Yard Relay
4:30 - 6:00	Dinner at Harcombe Dining Hall		
6:25	Bus departs Dorms for Practice		
0.25	Due departe Dennie fer i raeste		15 Min 1 on 1 Period & Dallas
6:45	Practice #2 6:45 to 9:20	<ul><li>Warm-Up / Flex</li><li>Two 15 Min Individual Periods</li></ul>	3 Swinney Ball Games
0.10		15 Min "RVA" = Routes Versus Air	- 3 Swiffley Ball Gailles
9:30	Bus to Dorms	- 13 Will RVA = Routes Versus All	
9:45	Pizza & Drinks delivered to dorm for all resident campers		
10:45	Curfew check by Coaches - Be in your OWN room for bed check.		
11:00	Lights Out		
11.00	· ·	IESDAY - June 7, 2	017
7:20	Wake Up - Air Horn will blow on each hallway		
7:45 - 8:15	Breakfast at Harcombe Dining Hall		
8:30	Bus departs Dorms for Practice		
6.30	Bus departs Domis for Fraction		20 Min 4 on 4 Daried 9 Dalles
9:00	Practice #3 9:00 to 10:50	Warm-Up / Flex  Ture 15 Min Individual Pariods	20 Min 1 on 1 Period & Dallas     20 Min Skeleten Period
9.00		Two 15 Min Individual Periods  To Min I'D YATE Devices Version Air	20 Min Skeleton Period
11:00	Bus to Lunch	<ul><li>15 Min "RVA" = Routes Versus Air</li></ul>	
11:10 - 12:45	Lunch at Harcombe Dining Hall		
1:50	Walk to the Rock / Hill for pictures with Dabo Swinney		
2:15	Bus Leaves from Gate 1 of the stadium for Practice		
2:45	Practice #4 2:45 to 4:30	Warm-Up / Flex	20 Min 1 on 1 Period & Dallas
		Two 15 Min Individual Periods	20 Min Skeleton Period
		15 Min "RVA" = Routes Versus Air	
4:40	Bus to Dinner		
4:45 - 6:30	Dinner at Harcombe Dining Hall		
6:35	Bus departs Dorms for Practice		
7:00	Practice #5 7:00 to 8:30	Warm-Up / Flex	3 Swinney Ball Games
8:40	Bus to the Weight Room		
9:15	Walk into Death Valley		
9:45	Pizza & Drinks delivered to dorm for all resident campers		
10:45	Curfew check by Coaches - Be in your OWN room for bed check.		
11:00	Lights Out		
	THUF	RSDAY - June 8, 20	17
7:20	Wake Up - Air Horn will blow on each hallway		
7:45 - 8:15	Breakfast at Harcombe Dining Hall		
8:30	Bus departs Dorms for Practice		
	Practice #6 9:00 to 11:30	Warm-Up / Flex	15 Min Skeleton Period
9:00		Two 15 Min Individual Periods	Everone Plays 1 Swinney Ball Game
3.00		• 15 Min "RVA" = Routes Versus Air	Swinney Ball Championship Game
		15 Min 1 on 1 Period & Dallas	
11:30	Flex Lines (Collect Dorm Keys	)	
	Championship Awards Presentation		
	Championiship / Wards 1 165611		
	Coach Swinney speaks to the		
11:45		campers	