

2018 DABO SWINNEY FOOTBALL CAMP

High School Session #1: June 5-7, 2018

TUESDAY - June 5, 2018

11:00 - 1:00	Camp Registration (Stadium - Gate 13)	
11:45-1:00	Pictures with Coach Dabo Swinney at the Rock (Optional)	
1:30	All Campers assemble in the bleachers beside the "Hill" at Death Valley for a camp meeting	
2:00	Bus to practice fields	
2:30	Practice #1 2:30 to 4:30	<ul style="list-style-type: none"> • Organize Teams • Warm-Up / Flex • Three 15 Min Individual Periods
		<ul style="list-style-type: none"> • 15 Min "RVA" = Routes Versus Air • 15 Min 1 on 1 Period & Dallas • Finish with a 40 yard & 30 Yard Relay
4:30	Bus to Dinner	
4:30 - 6:00	Dinner at Harcombe Dining Hall	
6:25	Bus departs Dorms for Practice	
6:45	Practice #2 6:45 to 9:20	<ul style="list-style-type: none"> • Warm-Up / Flex • Two 15 Min Individual Periods • 15 Min "RVA" = Routes Versus Air
		<ul style="list-style-type: none"> • 15 Min 1 on 1 Period & Dallas • 3 Swinney Ball Games
9:30	Bus to Dorms	
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	

WEDNESDAY - June 6, 2018

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	
9:00	Practice #3 9:00 to 10:50	<ul style="list-style-type: none"> • Warm-Up / Flex • Two 15 Min Individual Periods • 15 Min "RVA" = Routes Versus Air
		<ul style="list-style-type: none"> • 20 Min 1 on 1 Period & Dallas • 20 Min Skeleton Period
11:00	Bus to Lunch	
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	<ul style="list-style-type: none"> • Warm-Up / Flex • Two 15 Min Individual Periods • 15 Min "RVA" = Routes Versus Air
		<ul style="list-style-type: none"> • 20 Min 1 on 1 Period & Dallas • 20 Min Skeleton Period
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	<ul style="list-style-type: none"> • Warm-Up / Flex
		<ul style="list-style-type: none"> • 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	

THURSDAY - June 7, 2018

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	
9:00	Practice #6 9:00 to 11:30	<ul style="list-style-type: none"> • Warm-Up / Flex • Two 15 Min Individual Periods • 15 Min "RVA" = Routes Versus Air • 15 Min 1 on 1 Period & Dallas
		<ul style="list-style-type: none"> • 15 Min Skeleton Period • Everyone Plays 1 Swinney Ball Game • Swinney Ball Championship Game
11:30	Flex Lines (Collect Dorm Keys)	
	Championship Awards Presentation	
	Coach Swinney speaks to the campers	
11:45	Check-Out Instructions & Procedures	
12:00	Bus Departs for Dorms (Dorms will be unlocked)	