

# 2018 DABO SWINNEY FOOTBALL CAMP

High School Session #2: June 12-14, 2018

## TUESDAY - June 12, 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	
<b>2:30</b>	<b>Practice #1 2:30 to 4:30</b>	<ul style="list-style-type: none"> <li>• Organize Teams</li> <li>• Warm-Up / Flex</li> <li>• Three 15 Min Individual Periods</li> <li>• 15 Min "RVA" = Routes Versus Air</li> <li>• 15 Min 1 on 1 Period &amp; Dallas</li> <li>• Finish with a 40 yard &amp; 30 Yard Relay</li> </ul>
4:30	Bus to Dinner	
4:30 - 6:00	Dinner at Harcombe Dining Hall	
6:25	Bus departs Dorms for Practice	
<b>6:45</b>	<b>Practice #2 6:45 to 9:20</b>	<ul style="list-style-type: none"> <li>• Warm-Up / Flex</li> <li>• Two 15 Min Individual Periods</li> <li>• 15 Min "RVA" = Routes Versus Air</li> <li>• 15 Min 1 on 1 Period &amp; Dallas</li> <li>• 3 Swinney Ball Games</li> </ul>
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 13, 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	
<b>9:00</b>	<b>Practice #3 9:00 to 10:50</b>	<ul style="list-style-type: none"> <li>• Warm-Up / Flex</li> <li>• Two 15 Min Individual Periods</li> <li>• 15 Min "RVA" = Routes Versus Air</li> <li>• 20 Min 1 on 1 Period &amp; Dallas</li> <li>• 20 Min Skeleton Period</li> </ul>
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	
<b>2:45</b>	<b>Practice #4 2:45 to 4:30</b>	<ul style="list-style-type: none"> <li>• Warm-Up / Flex</li> <li>• Two 15 Min Individual Periods</li> <li>• 15 Min "RVA" = Routes Versus Air</li> <li>• 20 Min 1 on 1 Period &amp; Dallas</li> <li>• 20 Min Skeleton Period</li> </ul>
4:40	Bus to Dinner	
4:45 - 6:30	Dinner at Harcombe Dining Hall	
6:35	Bus departs Dorms for Practice	
<b>7:00</b>	<b>Practice #5 7:00 to 8:30</b>	<ul style="list-style-type: none"> <li>• Warm-Up / Flex</li> <li>• 3 Swinney Ball Games</li> </ul>
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 14, 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	
<b>9:00</b>	<b>Practice #6 9:00 to 11:30</b>	<ul style="list-style-type: none"> <li>• Warm-Up / Flex</li> <li>• Two 15 Min Individual Periods</li> <li>• 15 Min "RVA" = Routes Versus Air</li> <li>• 15 Min 1 on 1 Period &amp; Dallas</li> <li>• 15 Min Skeleton Period</li> <li>• Everyone Plays 1 Swinney Ball Game</li> <li>• Swinney Ball Championship Game</li> </ul>
11:30	Flex Lines (Collect Dorm Keys)	
	Championship Awards Presentation	
	Coach Swinney speaks to the campers	
11:45	<b>Check-Out Instructions &amp; Procedures</b>	
12:00	Bus Departs for Dorms (Dorms will be unlocked)	