

2019 DABO SWINNEY YOUTH FOOTBALL CAMP

SATURDAY		Emergency Numbers
PARKING	Only park in marked spaces in paved lots near the football or baseball stadiums	Mike Dooley - Camp Director
NO PARKING	Do not park on grass or unmarked areas or near the football operations center	Jennifer Benton -
8:15 - 9:45	Camp Registration (Gate 13 at Death Valley)	Ren Windham -
8:30 - 9:45	Pictures with Coach Swinney at the Rock	Medical Director - T.B.A.
10:00 - 10:30	Meeting with campers & parents at Memorial Stadium	EMS / POLICE / FIRE = 911 or 864-656-2222
10:30	2nd - 4th Grade Walk to practice / 5th - 7th Grade Walk to Practice	
10:45	Practice #1 10:45 to 12:45	<ul style="list-style-type: none"> <li style="width: 50%;">• Warm-Up / Flex <li style="width: 50%;">• Four 15 Min Individual Periods <li style="width: 50%;">• Group A: Off Emphasis <li style="width: 50%;">• Group B: Position Fundamentals
12:45	Bus to Lunch	
12:45 - 2:00	Lunch at Fresh Food Company Dining Hall	
2:15	A-Group Pictures with Coach Swinney at the Rock/Hill and B-Group Football Complex Tour	
2:50	Practice #2 2:50 to 4:50	<ul style="list-style-type: none"> <li style="width: 50%;">• Warm-Up / Flex <li style="width: 50%;">• Three 15 Min Individual Periods <li style="width: 50%;">• Group A: Def Emphasis <li style="width: 50%;">• 15 Min "RVA" = Routes Versus Air <li style="width: 50%;">• Group B: Position Fundamentals <li style="width: 50%;">• 20 Min 1 on 1 Period
4:50	Bus to Dinner	
5:10 - 6:35	Dinner at Fresh Food Company Dining Hall	
6:25	Bus to Practice	
6:45	Practice #3 6:45 to 8:45	<ul style="list-style-type: none"> <li style="width: 50%;">• Team Warm-Up <li style="width: 50%;">• Each Team Plays 5 Games <li style="width: 50%;">• Group A: Swinney Ball Games <li style="width: 50%;">A-Group (2nd-4th Grade) - play at football practice facility <li style="width: 50%;">• Group B: Swinney Ball Games <li style="width: 50%;">B-Group (5th-7th Grade) - play at Fike Fields, Death Valley
8:45	Walk to Death Valley for Videos	
9:10	Words of Wisdom (WOW)	
9:50	Highlight Video in Death Valley	
10:10	Check-Out Instructions & Procedures	
	Campers Dismissed inside the Football Stadium (Must Officially Checkout with a Clemson Coach)	
SUNDAY		
8:30	Campers begin arriving for Practice (Indoor Practice Facility) - Any arrivals after 9:00, must check-in with camp staff before beginning practice	
PARKING	Only park in marked spaces in paved lots near the football or baseball stadiums	
NO PARKING	Do not park on grass or unmarked areas or near the football operations center	
9:00	Practice #4 9:00 to 10:35	<ul style="list-style-type: none"> <li style="width: 50%;">• Warm-Up / Flex <li style="width: 50%;">• Three 15 Min Individual Periods <li style="width: 50%;">• Group A: Off Emphasis <li style="width: 50%;">• 15 Min "RVA" = Routes Versus Air <li style="width: 50%;">• Group B: Position Fundamentals <li style="width: 50%;">• 20 Min 1 on 1 Period
10:40-11:00	Guest Speakers	
11:00	Bus to Lunch	
11:00- 1:00	Lunch at at Fresh Food Company Dining Hall	
1:00	B-Group Pictures with Coach Swinney at the Rock/Hill and A-Group Football Complex Tour	
2:00	Practice #5 2:00 to 3:30	<ul style="list-style-type: none"> <li style="width: 50%;">• Warm-Up / Flex <li style="width: 50%;">• 20 Indy and 10 RVA (Defense 2 x 15 min Indy) <li style="width: 50%;">• Group A: Def Emphasis <li style="width: 50%;">• 15 Min 1 on 1 Period <li style="width: 50%;">• Group B: Position Fundamentals <li style="width: 50%;">• Championship Games (A & B Group)
3:00	Championship Games & Runner-Up Games (Indoor Football Practice Facility)	
3:30	Flex Lines (Hand Out Camp Certificates)	
3:35	Championship Awards- (A) at Indoor -- (B) Field #2	
3:40	Coach Swinney speaks to the campers	
4:15	Check-Out Instructions & Procedures	
	Campers Dismissed from the Practice Fields (Must Officially Checkout with a Clemson Coach)	