

# 2018 DABO SWINNEY YOUTH FOOTBALL CAMP

## SATURDAY

<b>PARKING</b>	Only park in marked spaces in paved lots near the football or baseball stadiums	
<b>NO PARKING</b>	Do not park on grass or unmarked areas or near the football operations center	
8:15 - 9:45	Camp Registration (Gate 13 at Death Valley)	
8:30 - 9:45	Pictures with Coach Swinney at the Rock	
10:00 - 10:30	Meeting with campers & parents at Memorial Stadium	
10:30	2nd - 4th Grade Walk to practice / 5th - 7th Grade Walk to Practice	
<b>10:45</b>	<b>Practice #1 10:45 to 12:30</b>	<ul style="list-style-type: none"> <li style="width: 50%;">• Warm-Up / Flex</li> <li style="width: 50%;">• Four 15 Min Individual Periods</li> <li style="width: 50%;">• Group A: Off Emphasis</li> <li style="width: 50%;">• Group B: Position Fundamentals</li> </ul>
12:40	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	
<b>3:15</b>	<b>Practice #2 3:15 to 5:15</b>	<ul style="list-style-type: none"> <li style="width: 50%;">• Warm-Up / Flex</li> <li style="width: 50%;">• Three 15 Min Individual Periods</li> <li style="width: 50%;">• Group A: Def Emphasis</li> <li style="width: 50%;">• 15 Min "RVA" = Routes Versus Air</li> <li style="width: 50%;">• Group B: Position Fundamentals</li> <li style="width: 50%;">• 20 Min 1 on 1 Period</li> </ul>
5:20	Bus to Dinner	
5:30 - 6:45	Dinner at Fresh Food Company Dining Hall	
6:45	Bus to Practice	
<b>7:15</b>	<b>Practice #3 7:15 to 9:15</b>	<ul style="list-style-type: none"> <li style="width: 50%;">• Team Warm-Up</li> <li style="width: 50%;">• Each Team Plays 4 Games</li> <li style="width: 50%;">• Group A: Swinney Ball Games</li> <li style="width: 50%;">A-Group (2nd-4th Grade) - play at football practice facility</li> <li style="width: 50%;">• Group B: Swinney Ball Games</li> <li style="width: 50%;">B-Group (5th-7th Grade) - play at Jervey Meadows, Fike Fields, Death Valley</li> </ul>
9:15	Walk to Death Valley for Videos	
9:45	Highlight Video in Death Valley	
10:05	<b>Check-Out Instructions &amp; Procedures</b>	
	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	
<b>PARKING</b>	Only park in marked spaces in paved lots near the football or baseball stadiums	
<b>NO PARKING</b>	Do not park on grass or unmarked areas or near the football operations center	
<b>9:00</b>	<b>Practice #4 9:00 to 10:45</b>	<ul style="list-style-type: none"> <li style="width: 50%;">• Warm-Up / Flex</li> <li style="width: 50%;">• Three 15 Min Individual Periods</li> <li style="width: 50%;">• Group A: Off Emphasis</li> <li style="width: 50%;">• 15 Min "RVA" = Routes Versus Air</li> <li style="width: 50%;">• Group B: Position Fundamentals</li> <li style="width: 50%;">• 20 Min 1 on 1 Period</li> </ul>
11:00-11:30	Guest Speakers	
11:35	Bus to Lunch	
11:45- 1:00	Lunch at at Fresh Food Company Dining Hall	
1:15	B-Group Pictures with Coach Swinney at the Rock/Hill and A-Group Football Complex Tour	
<b>2:00</b>	<b>Practice #5 2:00 to 4:00</b>	<ul style="list-style-type: none"> <li style="width: 50%;">• Warm-Up / Flex</li> <li style="width: 50%;">• 20 Indy and 10 RVA (Defense 2 x 15 min Indy)</li> <li style="width: 50%;">• Group A: Def Emphasis</li> <li style="width: 50%;">• 15 Min 1 on 1 Period</li> <li style="width: 50%;">• Group B: Position Fundamentals</li> <li style="width: 50%;">• Championship Games (A &amp; B Group)</li> </ul>
3:00	Championship Games & Runner-Up Games (Indoor Football Practice Facility)	
3:30	Flex Lines (Hand Out Camp Certificates)	
3:45	Championship Awards- (A) at Indoor -- (B) Field #2	
	Coach Swinney speaks to the campers	
4:15	<b>Check-Out Instructions &amp; Procedures</b>	
	Campers Dismissed from the Practice Fields (Must Officially Checkout with a Clemson Coach)	