

# 2020 DABO SWINNEY YOUTH FOOTBALL CAMP

## SATURDAY

## Emergency Numbers

<b>PARKING</b>	Only park in marked spaces in paved lots near the football or baseball stadiums	Mike Dooley - Camp Director
<b>NO PARKING</b>	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	
<b>10:45</b>	<b>Practice #1 10:45 to 12:45</b>	<ul style="list-style-type: none"> <li>• Warm-Up / Flex</li> <li>• Group A: Off Emphasis</li> <li>• Group B: Position Fundamentals</li> </ul>
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	
<b>2:50</b>	<b>Practice #2 2:50 to 4:50</b>	<ul style="list-style-type: none"> <li>• Warm-Up / Flex</li> <li>• Group A: Def Emphasis</li> <li>• Group B: Position Fundamentals</li> </ul>
4:50	Bus to Dinner	
5:10 - 6:35	Dinner at Fresh Food Company Dining Hall	
6:25	Bus to Practice	
<b>6:45</b>	<b>Practice #3 6:45 to 8:45</b>	<ul style="list-style-type: none"> <li>• Team Warm-Up</li> <li>• Group A: Swinney Ball Games</li> <li>• Group B: Swinney Ball Games</li> </ul>
8:45	Walk to Death Valley for Videos	
9:10	Words of Wisdom (WOW)	
9:50	Highlight Video in Death Valley	
10:10	<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 10:35</b>	<ul style="list-style-type: none"> <li>• Warm-Up / Flex</li> <li>• Group A: Off Emphasis</li> <li>• Group B: Position Fundamentals</li> </ul>
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	
<b>2:00</b>	<b>Practice #5 2:00 to 3:30</b>	<ul style="list-style-type: none"> <li>• Warm-Up / Flex</li> <li>• Group A: Def Emphasis</li> <li>• Group B: Position Fundamentals</li> </ul>
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	<b>Check-Out Instructions &amp; Procedures</b>	
	Campers Dismissed from the Practice Fields (Must Officially Checkout with a Clemson Coach)	