

YOUTH SCHEDULE

8:00am-9:00am - Check-in (Shirt Issued) Photo – Height – Weight

9:00am-9:30am - Dynamic/Static Warm-Up

9:30am – 11:30am - Position Assignments/Position Technique Instruction

11:30am – 12:30pm - Lunch

12:30pm – 12:45pm - Back-In-Motion Warm-Up

12:45pm – 1:00pm - Individual Competition Prep

1:15pm – 1:45pm - Positional 1v1's / Running Back/Tight End -vs- Linebackers /
Quarterback/Wide Receivers -vs- Defensive Backs / Offensive Line -vs- Defensive Line

1:50pm – 2:00pm - 7v7 Team Assignments

2:00pm – 3:45pm - 7v7 / Lineman Challenge

3:50pm - Evaluation Comments & Awards / Departure