

HIGH SCHOOL 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 Instruction

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

2:00pm – 2:30pm - 7v7 Team Development

2:45pm – 3:45pm - Team Play / Lineman Challenge

3:45pm - Character Development / Departure

DAY TWO

8:45am-9:00am - Daily Devotional – Group Session

9:00am-9:30am - Character Development / NCAA Guidance

9:30am – 10:00am - Dynamic Warm-Up

10:00am – 3:00pm 7v7 Tournament Participation / Lineman Challenge

3:00pm - Evaluation Comments & Awards / Departure