

Practice Schedule for Summer 2010

Week 1 **July 29-30**
Dress: **T-shirts/Shorts**

Thurs-Fri:

7:30am *Coaches Meet*
8-10am *Wolf Power Testing, Yancey Gym*
10:30-12:30p *Team Meeting--McKeever:*
 Welcome and Devotion (Pridgen)
 Review Team Policies (Pridgen)
 Introduce Accountability Program/Reminder Bands (Pridgen)
 Issue Equipment (staff)
12:30-2pm *Lunch (on your own)*
2:30-3:30pm *Team Meeting:*
 By position—offense, defense, and special teams
4-4:30pm *Conditioning on Lake Fields*

Week 2 **August 2-5 (Faculty Pre-Planning 8/5-8/6)**
Dress: **Shells/Full/TBA per practice**

Mon 8/2 (shells):

7:30 am *Coaches Meet*
8:30-10am *Practice (Offense)*
10:30-11:30 *Lift/offensive position meetings (split by offensive position groups)*
11:30-2pm *Lunch (on your own)*
2-3pm *Practice (Special Teams) @ stadium*
3:15-4pm *Defensive Meetings/Video*
4:30-6pm *Practice (Defense/Conditioning)*

Tues 8/3 (full):

7:45am *Coaches Meet*
8:30-10:30am *Practice (Defense/ST)*
11-12pm *Lift and Meetings*
5-7pm *Practice (Offense/Cond)*

Wed 8/4 (full):

7:45am *Coaches Meet*
8:30-10:30 *Practice (O /ST)*
11-12pm *Meetings/Video*
4-6pm *Practice (D)*

Thurs 8/5 (full): Start Pre-Planning
Practice 6:30-7:45am (D)
Practice 5-7pm (O/ST)

Mini-Camp August 6-8
Dress: TBA per practice

Friday 8/6 Pre-Planning Ends at 4pm
4pm Leave for Simpsonwood
4:15-5pm Check-in/Orientation
5:15pm Dinner
6:30-8:15pm Practice (Offense/ST)
9-9:45pm Team Meeting
10pm Lights Out

Saturday 8/7
6:30-7:45am Practice (Defense) shells
8:15am Breakfast
10:30-12p Practice (Defense) full
12:30 Lunch
2-3pm Practice @ Simpsonwood (Mock Game) shorts
3:30-4:30pm Pool @ Simpsonwood
5pm Staff Meeting—location TBA
5:30pm Dinner
7-8:30pm Practice (Offense) full
9-10pm Team Meeting— ice cream and announce swing players
10:30pm Lights Out

Sunday 8/8
6:30-7:45am Practice (Defense) shells
8:15am Breakfast
9-9:30am Worship @ Simpsonwood Chapel
9:40-10:15am Pack/Clean rooms
10:45-12:15pm Practice (Offense) full
12:30pm Parent Picnic @ Wesleyan School

**mini-buses leave Simpsonwood 20 minutes before each practice. Each coach and player will be assigned a bus for the duration of camp.*

Week 3 August 9-13 (Faculty Pre-Planning 8/9-8/10)
Dress: Full

Mon 8/9 FOOTBALL PICTURE DAY—ALL TEAMS 4pm
No Varsity Practice
Start MS and JV practice

Tues 8/10 Practice 6:30-7:45am (D)
Practice 5-7pm (O/ST)

Wed 8/11 Practice 9-11am (D)
Practice 5-7pm (O/ST)

Thurs 8/12 Practice 9-11am (D)
Practice 5-7pm (O/ST)

Fri 8/13 Scrimmage @ Lovett 7:30pm

Week 4 August 16-20
Dress: Full

Mon 8/16 Start of School
Begin Regular Practice Schedule
Practice 4-6pm