

Practice Schedule for Summer 2009

Week 1 July 30-August 1

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*

Sat:

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)*

Week 2 August 3-7

Dress: Full

Mon 8/3-Tues 8/4:

7:45am *Coaches Meet*

8:30-10:30am *Practice (Defense/ST)*

11-12pm *Lift and Meetings*

5-7pm *Practice (Offense/Cond)*

Wed 8/5:

7:45am *Coaches Meet*

8:30-10:30 *Practice (O /ST)*

11-12pm *Meetings/Video*

5-7pm *Practice (D)*

Thurs 8/6:

7:45am *Coaches Meet*
8:30-10:30am *Practice (Defense/ST)*
11:15-12pm *Meetings*
5-7pm *Practice (Offense/Cond)*
7-7:30pm *Coaches Meet*

Mini-Camp August 7-9
Dress: TBA per practice

Friday 8/7

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 8/8

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 8/9

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 10-14 Faculty Pre-Planning**
Dress: Full

Mon 8/10 *No Varsity Practice*
Start MS and JV practice

Tues 8/11 *Practice 6:30-7:45am (D)*
Practice 5-7pm (O/ST)

Wed 8/12 *Practice 6:30-7:45am (D)*
Practice 5-7pm (O/ST)

Thurs 8/13 *FOOTBALL PICTURE DAY, All Teams 3pm*
Practice 5-7pm (O/D/ST)

Fri 8/14 *Scrimmage @ Lovett 7:30pm*

Week 4 **August 18-22**
Dress: Full

Mon 8/17-
Tues 8/18 *Practice 4-6:30pm*

Wed 8/19 *Start of School*
Begin regular schedule
Practice 4-6pm