

Chadron State Football Camp 2019 Itinerary

3 Day Camp

<i>Time</i>	<i>Monday</i>
12:30pm	Camp Registration at High Rise
2:00pm	Individual Defensive Emphasis
3:10pm	Defensive Team with High School Coach
4:00pm	7 on 7 (QB's, WR's, RB's, DB's LB's)
	Lineman Games
5:00pm	Evening Meal Group 1
5:30pm	Evening Meal Group 2
6:15pm	JV Game Schedule (If Applicable)
7:00pm	JV Game Schedule (If Applicable)
7:05pm	Varsity Team Warm Up For Scrimmages
7:20pm	Varsity Scrimmages (See Scrimmage Schedule Sheet)
7:50pm	Switch Fields
8:00pm	Varsity Scrimmages (See Scrimmage Schedule Sheet)
9:00pm	Pizza Deliveries to High Rise Dorm Lobby -- Free Time in Dorm
10:15pm	In Rooms
10:30pm	<i>Lights Out -- Coaches Clinic</i>

<i>Time</i>	<i>Tuesday</i>
6:30am	WAKE UP
6:45am	Breakfast Group 1
7:15am	Breakfast Group 2
8:30am	Offensive Segment Stretch (Form Run)
8:40am	Individual Offensive Emphasis
9:40am	Offensive Practice with High School
10:50am	Secure Practice
11:30am	Lunch Group 1
12:00pm	Lunch Group 2
2:00pm	Individual Defensive Emphasis
3:10pm	Defensive Team with High School Coach
4:00pm	7 on 7 (QB's, WR's, RB's, DB's LB's)
	Lineman Games
5:00pm	Evening Meal Group 1
5:30pm	Evening Meal Group 2
6:15pm	JV Game Schedule (If Applicable)
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<i>Time</i>	<i>Wednesday</i>
6:30am	WAKE UP
6:45am	Breakfast Group 1
7:15am	Breakfast Group 2
7:30am	Dorm Patrol and Clean Up
8:30am	Stretch By JV Team
8:45am	JV Saturday Scrimmage
9:30am	JV Saturday Morning Mayhem
9:40am	Varsity Stretch For Scrimmages
10:00am	Varsity Scrimmage
10:30am	Everyone to Game Field
10:45am	Varsity Wicked Wednesday
11:15am	Secure
11:30am	Closing Remarks
12:00pm	Lunch (Not Mandatory)