

Training Camp Itinerary

Thursday, August 11, 2011

| Time | Event | Location |
|----------|------------------------------|----------------------|
| 9:00 am | New Players Check In | Admissions Office |
| 10:00 | Upper Classmen Check In | Admissions Office |
| 12:00 pm | Lunch | Cafeteria |
| 1:30 | Squad Meeting | Coulter Lecture Hall |
| 2:30 | Equipment Check Out Veterans | Wetterau Center |
| | New Players Concussion Test | Library |
| 5:30 | New Player Orthopedic Exam | Wetterau Center |
| 6:00 | Dinner | Cafeteria |
| 7:30 | Squad Meeting | Coulter Lecture Hall |
| 10:00 | In Rooms | |
| 11:00 | Lights Out | |

Friday, August 12, 2010

Helmets Only

| Time | Event | Location |
|----------|--|----------------------------------|
| 7:00 am | Wake Up | |
| 7:30 | Mandatory Breakfast | Cafeteria |
| 8:30 | Veterans Run Testing 80/40 or 40/20 NFL Agility 300 Yard Shuttle Rookies & Transfers Lifting Test Bench Reps Squat Reps Pull - Ups | Wetterau Center & Practice Field |
| 12:00 pm | Lunch | Cafeteria |
| 1:00 | Testing Veterans Run Testing 80/40 or 40/20 NFL Agility 300 Yard Shuttle Rookies & Transfers Lifting Test Bench Reps Squat Reps Pull - Ups | Wetterau Center & Practice Field |
| 6:00 | Dinner | Cafeteria |
| 6:30 | Tape | Wetterau Center |
| 7:30 | Practice #1 (Helmets Only) | Practice Field |
| 10:00 | In Rooms | |
| 11:00 | Lights Out | |

Saturday, August 13, 2011

Helmets Only

| Time | Event | Location |
|----------|--|----------------|
| 7:00 am | Wake Up | |
| 7:30 | Breakfast | Cafeteria |
| 8:30 | Field Meetings (Special Teams) Punt & Punt Return | Practice Field |
| 9:30 | Field Meetings (Offense & Defense) | Practice Field |
| 12:00 pm | Lunch | Cafeteria |
| 1:00 | Segment Meetings | TBA |
| 3:30 | Practice #2 | Practice Field |
| 6:00 | Dinner | Cafeteria |
| 7:30 | Field Meetings Punt / Punt Return / PATD | Practice Field |
| 10:00 | In Rooms | |
| 11:00 | Lights Out | |

Sunday, August 14. 2011
Shells

| Time | Event | Location |
|-------------|---|-----------------|
| 7:00 am | Wake Up | |
| 7:30 | Breakfast | Cafeteria |
| 8:30 | Field Meetings (Special Teams) Kick-Off / KOR / PATD | Practice Field |
| 9:30 | Church | |
| 12:00 pm | Lunch | Cefeteria |
| 1:00 | Segment Meetings | TBA |
| 3:30 | Practice #3 | Practice Field |
| 6:00 | Dinner | Cafeteria |
| 7:30 | Field Meetings Punt / Punt Return / PATD | Practice Field |
| 10:00 | In Rooms | |
| 11:00 | Lights Out | |

Monday, August 15. 2011
Shells

| Time | Event | Location |
|-------------|--|-----------------|
| 7:00 am | Wake Up | |
| 7:30 | Breakfast | Cafeteria |
| 8:30 | Field Meetings (Special Teams) Punt & Punt Return | Practice Field |
| 9:30 | Field Meetings (Offense & Defense) | Practice Field |
| 12:00 pm | Lunch | Cefeteria |
| 1:00 | Segment Meetings | TBA |
| 3:30 | Practice #4 | Practice Field |
| 6:00 | Dinner | Cafeteria |
| 7:30 | Field Meetings Punt / Punt Return / PATD | Practice Field |
| 10:00 | In Rooms | |
| 11:00 | Lights Out | |

Tuesday, August 16. 2011
Full Pads

| Time | Event | Location |
|-------------|--|-----------------|
| 7:00 am | Wake Up | |
| 7:30 | Breakfast | Cafeteria |
| 8:30 | Field Meetings (Special Teams) Punt & Punt Return | Practice Field |
| 9:30 | Field Meetings (Offense & Defense) | Practice Field |
| 12:00 pm | Lunch | Cefeteria |
| 1:00 | Segment Meetings | TBA |
| 3:30 | Practice #3 | Practice Field |
| 6:00 | Dinner | Cafeteria |
| 7:30 | Field Meetings Punt / Punt Return / PATD | Practice Field |
| 10:00 | In Rooms | |
| 11:00 | Lights Out | |