

2015 NORTH ALABAMA TEAM CAMP

General Schedule for OLine/DLine - Session 1 Muscle Shoals

Monday - Session 1

<i>Time</i>	<i>Event</i>
1:00pm - 3:30pm	Check In/Register
2:00pm-3:30 pm	Staff Meeting Field House
4:00pm – 6:10pm	Stretch & Individual Fundamentals-At High School Field
6:10pm - 6:20pm	Set Up and Walk Thru Group
6:20pm - 7:20pm	Group Drills Oline working with Dline
7:20pm - 8:20pm	O/D Lines Walk to Stadium Eat Dinner
8:35pm - 8:55pm	11-11Teams 1-4 Teams 9-12
9:05pm-9:25pm	11-11 Teams 5-8 (Oline/Dline Practice is complete- Snack Shower and Hydrate)
11:30pm	Lights out

Tuesday - Session 1

<i>Time</i>	<i>Event</i>
8:40am - 10:50am	Stretch & Individual Fundamentals
11:00am - 12:00pm	O-Line/D-Line Group Work
12:00pm - 1:00pm	Walk to Stadium- Eat Lunch
1:00pm-2:10 pm	HEAT BREAK REST AND HYDRATE
2:15pm - 2:35pm	11 on 11 Teams 7-14 Teams 1-6 Rest and Organize
2:40pm - 3:00pm	11 on 11 Teams 1-6 Teams 1-6-O Line/D Line Done
3:05pm - 3:25pm	7 on 7 Teams 7-12 Teams 7-12-O Line D Line Done
3:30pm - 3:50pm	OLine/DLine School Finished- prepare to depart
4:00pm	EOP/Teams Depart