

2015 NORTH ALABAMA TEAM CAMP

General Schedule for SKILL Camp - Session 1 Muscle Shoals

MONDAY - SESSION 1

<i>Time</i>	<i>Event</i>
2:00-3:30	Staff Meeting Field House
1:00pm - 3:30pm	Check In/Register
4:00pm – 6:10pm	Stretch/Indo Work
6:20pm – 6:40pm	7 on 7 1-10 11-14
6:45pm – 7:05pm	7 on 7 1-10 11-14
7:10pm - 7:30pm	7 on 7 1-10 11-14
7:35pm - 7:55pm	7 on 7 1-10 11-14 7 on 7
8:00pm - 8:30pm	DINNER BREAK Teams 11-14 Break and Eat
8:35pm – 8:55pm	11-11 Teams 1-4 Stadium 11-11 Teams 11-14
9:00pm – 9:20pm	11-11 Teams 5-8 Stadium 11-11 Teams 11-14
9:25pm - 9:45pm	11-11 Teams 9-10 Teams 11-14 Return
10:00pm	End of Practice Snack, Hydrate and Shower
11:30am	Lights Out

TUESDAY - SESSION 1

<i>Time</i>	<i>Event</i>
8:30am - 10:40am	Stretch/Individual/Group Work
10:50am - 11:10am	7 on 7 Teams 1-8 Teams 9-14 Rest and organize
11:15am - 11:35pm	7 on 7 Teams 9-14 Teams 1-8 Rest and organize
11:40am - 12:00pm	7 on 7 Teams 1-8 Teams 9-14 Rest and Organize
12:05pm – 12:25pm	7 on 7 Teams 9-14 Teams 1-8 Rest and Organize
12:25pm-2:10pm	LUNCH BREAK REST and HYDRATE
2:15pm – 2:35pm	11 on 11 Teams 1-8 Teams 9-14 Rest and Organize
2:40pm - 3:00pm	11 on 11 Teams 9-14 Teams 1-8-O Line/D Line Done
3:05pm - 3:25pm	7 on 7 Teams 1-8 Teams 9-14 O Line D Line Done
3:30pm - 3:50pm	7 on 7 Teams 9-14
4:00pm	EOP/Teams Depart