

2015 NORTH ALABAMA TEAM CAMP

General Schedule for SKILL Camp - Session 2 Hueytown

WEDNESDAY - SESSION 2

<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 1-8 9-12 travel to VINES Stadium
6:45pm – 7:05pm	7 on 7 1-8 9-12-Plays each other at VINES
7:10pm - 7:30pm	7 on 7 1-8 9-12-Plays each other at VINES
7:35pm - 7:55pm	7 on 7 Teams 1-8 Teams 9-12 7 on 7 at Vines
8:00pm - 8:30pm	DINNER BREAK Teams 9-12 Break and Eat at Vines
8:35pm – 8:55pm	11-11 Teams 1-4 Stadium 11-11- Teams 9-12 Vines
9:00pm – 9:20pm	11-11 Teams 5-8 Teams 9-12 Return from Vines
9:25pm - 9:45pm	7 on 7 Team Challenge Time Stadium or Vines
10:00pm	End of Practice Snack, Hydrate and Shower
11:30am	Lights Out

THURSDAY - SESSION 2

<i>Time</i>	<i>Event</i>
8:30am - 10:40am	Stretch/Individual/Group Work
10:50am - 11:10am	7 on 7 Teams 1-6 Teams 7-12 Rest and Organize
11:15am - 11:35pm	7 on 7 Teams 7-12 Teams 1-6 Rest and Organize
11:40am - 12:00pm	7 on 7 Teams 1-6 Teams 7-12 Rest and Organize
12:05pm – 12:25pm	7 on 7 Teams 7-12 Teams 1-6 Rest and Lunch
12:25pm-2:10pm	LUNCH BREAK REST and HYDRATE
2:15pm – 2:35pm	11 on 11 Teams 7-12 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	7 on 7 Teams 1-6
4:00pm	EOP/Teams Depart