

2009 COYOTE FOOTBALL CAMP

MONDAY, July 6, 2009

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|---------------------|--|-------------------|----------------------------|--------------------------|
| ARRIVE AT CAMP SITE | 3:00 (ORIENTATION AND CHECK-IN) | | | |
| | INTRODUCTION | | | |
| 3 : 3 0 - 5 : 3 0 | CHECK-IN | TOUR OF CAMP SITE | OUR GOALS AND EXPECTATIONS | REVIEW SCHEDULE |
| 5 : 4 5 - 6 : 1 5 | DINNER | | | |
| 6 : 1 5 - 8 : 3 0 | Return to cabins after dinner | Down time | GAME ROOM ACTIVITIES | 8:30 PREPARE FOR MEETING |
| 8 : 3 0 - 1 0 : 0 0 | Team meeting in game room or Bison Ranch Room #1/ LIGHTS OUT | | | |

TUESDAY, July 7, 2009 - THURSDAY, July 9, 2009

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|--------------------|---|---------------------------------|-------------|--------------|
| 6:00 am - 6:30 am | Team Run and Challenge Course | | | |
| 6:35 am - 8:50 am | Coaches meeting, BREAKFAST AND DOWN TIME (meet in front of dorm 8:50 am) | | | |
| 9:00 am - 12:00 pm | OFFENSIVE DRILLS | SPEED DRILLS | QB/RB/WR/TE | OL AGILITIES |
| 12:15 pm - 1:45 pm | LUNCH AND DOWN TIME (meet in front of dorm @ 1:50) | | | |
| 2:00 pm - 5:00 pm | DEFENSIVE DRILLS | AGILITY DRILLS | DL/LB | DB AGILITIES |
| 5:15 pm - 6:15 pm | DINNER, CLEAN ROOM AND PREPARE FOR EVENING MEETINGS | | | |
| 6:30 pm - 7:30 pm | Bison Ranch Room | OFFENSIVE/DEFENSIVE TERMINOLOGY | QB/RB/WR/OL | GAME ROOM |
| 7:35 pm - 9:30 pm | GAME ROOM, MOVIE AND DOWN TIME (LIGHTS OUT @ 10:00) THURSDAY EVENING THERE WILL BE A TALENT SHOW | | | |

FRIDAY, July 10, 2009

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| 6:00 am - 6:30 am | FINAL PRACTICE | Team Run and Challenge Course | | | |
| 6:30 am - 11:00 am | | PRACTICE | BREAKFAST | CLEAN-UP | WRAP-UP |
| 10:30 am - 10:45 am | | COACHES WILL DO FACILITY CHECK | | | |
| 1 1 : 3 0 a m | | HEAD HOME | | | |

