

**What's the day like at camp?**

0800-0900 Registration

0900-0910 Opening remarks

0910-0930 Warm ups

0930-1030 Defensive Drills

1030-1130 Offensive Drills

1130-1200 Dynamic Drills

1200-1300 Lunch

1300-1310 Roll Call Warm up

1310-1340 Special Teams Drills

1340-1415 Games/Contest

1415-1500 Games Wrap Up



**What Do I Bring?**

All campers should bring the following Items to camp everyday:

Tennis Shoes

Rubber Cleats

Shorts - T-Shirt

Sunscreen

Water Bottle

Bag Lunch/money

Positive Attitude



**Camp Conditions**

Campers in attendance will abide by camp rules. Campers are expected to display good conduct and cooperate fully with coaches. Camper's who are unruly and disruptive will be sent home without refund. We believe this policy will make your camp experience rewarding.

**For More Information**

**Contact: Dean (707) 367-2603**  
**Or Matt Rountree (707) 841-7052**