

## FOOTBALL CAMP – DAILY SCHEDULE

### Day 1

1:00 pm	Teams check in
2:30	Team orientation
3:00	Camp on-field practice #1
5:30	Dinner
7:00	Practice Session #2
9:00	End of practices
11:00	Lights out

### Day 2 & 3

6:45 am	Wake-up call
7:00	Breakfast
8:00	Coaches meeting
9:00	Practice Session #3 & #5
12:00 pm	Lunch
2:00	Practice Session #4 & #6
5:30	Dinner
7:00	Passing League /OL and DL Competition or Team Practice Time if needed
9:00	End of Practice and Competitions
11:00	Lights Out

### Day 3

TBA	Possible Night out at Thrillville amusement park
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### Day 4

6:45 am	Wake-up call
7:00	Breakfast
8:00	Coaches meeting
9:00	Team scrimmages x 3
12:00 pm	Camp concludes

\*Sack lunches will be provided upon departure

At each camp practice and competition, participants are required to wear the following:

- Helmet
- Shoulder Pads
- Tail Pad
- Thigh Pads
- Knee Pads
- Hip Pads
- Mouthpiece
- Appropriate footwear (cleats and shoes)

**Facilities:** All camp sessions are held at Cascade School District Campus. Eight 100-yard fields will be available.

**What to bring:** Sleeping bag, Pillow, towel, clothes and toiletries. Some nights get cold, and participants are encouraged to bring long pants, a jacket and an extra blanket. You must provide your own tent if camping outdoors. In addition, we recommend that all campers bring a Water Bottle, Sunscreen and Lip Balm. And, remember to label ALL items brought to camp. Lost and Found items are donated to a local charity one week after the camp session ends.

**Behavior Guidelines and Consequences:** In order to provide a pleasant environment and to ensure the safety of our campers and staff, disruptive, destructive and/or dangerous behavior by campers is NOT ALLOWED. Such behavior will result in the camper being removed from the current program. If the behavior continues, the camper will be dismissed from the camp. When a participant is dismissed from camp for unacceptable behavior there will be NO REFUND.