Missouri State

2010 FOOTBALL CAMP

DAY 1	
10:00	REGISTRATION STARTS
12:30	REGISTRATION ENDS
1:00	HEAD COACHES MEETING
1:45	ALL CAMP MEETING
2:15	OFFENSIVE INDIVIDUAL COUNT
2:25	DEFENSIVE INDIVIDUAL COUNT
2:40	TEAM POLISH (Designated Areas)
3:25	TEAM ORGANIZATION
3:35	TEAM
4:00	WATER & 1 PLATOON TEAMS SWITCH
4:05	TEAM
4:30	ANNOUNCEMENTS
5:00	DINNER BEGINS
6:45	TEAM POLISH (DESIGNATED AREA)
7:30	CALL UP PLASTER
7:35	INSIDE RUN/ WR/DB 1 ON 1
7:50	WATER
7:55	7 ON 7 / OL/DL 1 ON 1
8:10	WATER
8:15	TEAM
8:35	WATER TEAM SWITCH
9:00	CALL UP ANNOUNCEMENTS
11:00	LIGHTS OUT

DAY 2	
7:00	WAKE-UP
7:15	BREAKFAST
8:30	TEAM POLISH (DESIGNATED AREA)
9:20	ANOUNCEMENTS AT STADIUM ALL CAMPERS
9:30	INDIVIDUAL DRILLS w/MSU Staff
9:50	WATER BREAK & SWITCH
9:55	INDIVIDUAL DRILLS w/MSU Staff
10:15	WATER
10:20	TEAM PERIOD
10:40	1 PLATOON TEAMS SWITCH
11:00	ANNOUNCEMENTS
11:30	LUNCH
1:15	TEAM POLISH (DESIGNATED AREA)
2:15	ANNOUNCEMENTS GRASS FIELD ALL CAMPERS
2:20	INSIDE RUN/ WR/DB 1 ON 1
2:40	WATER
2:45	Red Zone 7 ON 7 / OL/DL 1 ON 1
3:05	WATER BREAK
3:10	TEAM PERIOD BEGINS (RED ZONE)
3:30	WATER 1 PLATOON TEAMS SWITCH
3:35	TEAM RED ZONE
3:55	CALL UP
4:45	DINNER BEGINS
6:30	TEAM POLISH (DESIGNATED AREA)
7:15	TEAM ROTATIONS BEGIN
9:00	ANNOUNCEMENTS
11:00	LIGHTS OUT

DAY 3	
7:00	WAKE-UP
7:15	BREAKFAST
8:30	TEAM POLISH (DESIGNATED AREA)
9:20	ANOUNCEMENTS AT STADIUM ALL CAMPERS
9:30	INDIVIDUAL DRILLS W/MSU STAFF
9:50	WATER BREAK & SWITCH
9:55	INDIVIDUAL DRILLS W/MSU STAFF
10:15	WATER
10:20	TEAM PERIOD
10:40	1 PLATOON TEAMS SWITCH
11:00	ANNOUNCEMENTS
11:30	LUNCH
1:20	TEAM POLISH (DESIGNATED AREA)
2:20	ANNOUNCEMENTS
2:20	TEAM
2:45	WATER
2:50	TEAM
3:10	WATER BREAK
3:15	AWARDS AND ANNOUNCEMENTS
3:45	CHECK OUT BEGINS