

**2011 PIERCE FOOTBALL
FULL CONTACT FOOTBALL CAMP**

DATE: June 20-June 24, 2011

SITE: Pierce High School

TIME: 5:30 p.m. 7:30 p.m.

FOR: 9-12 grade high school students

WHAT: 45 min hour with your team for individual and group instruction,
½ hour of 7 on 7 and lineman competition (Run and Pass Blocking)
½ hour of scrimmaging vs. different teams

ITINERARY:

NOTE: WATER FOR ATHLETES ALL CAMP (DO NOT WITHOLD HYDRATION)

MONDAY: Camp registration 5:00-5:30
All Camp stretch 5:30-5:45
Team Development (Tackling Instruction) 5:45-6:30
Competition (7 on 7, Big man challenge) 6:30-7:00
Scrimmage 7:00-7:30

TUESDAY: All Camp stretch 5:30-5:45
Team Development (Tackling Instruction) 5:45-6:30
Competition (7 on 7, Big man challenge) 6:30-7:00
Scrimmage 7:00-7:30

WED: All Camp stretch 5:30-5:45
Team Development (Tackling Instruction) 5:45-6:30
Competition (7 on 7, Big man challenge) 6:30-7:00
Scrimmage 7:00-7:30

THUR: All Camp stretch 5:30-5:45
Team Development (Tackling Instruction) 5:45-6:30
Competition (7 on 7, Big man challenge) 6:30-7:00
Scrimmage 7:00-7:30

FRIDAY: JV SCRIMMAGE (Main Field) 5:30-6:30
VARSITY SCRIMMAGE (Main Field) 6:30-7:30