

Preseason Camp 2008

Great Expectations

August 14th: Report time 3pm

3:15pm 9th Graders and those without helmets report to Computer Lab

10-12th Equipment and lockers

4:30pm All players report to gym for Training Room Rules

5:15 See What you Hit Video

6:00 -8:00 pm Practice 1

August 15th: Report time 7:45am (Treatment 7:30)

8am-8:20 Special Teams Install

830am-10:00am Practice 2

10:00-12:30 Lunch/ D Install

12:45pm-2:15 Practice 3

2:15-3:30 O Install

August 16th: Report time 7:45am (Treatment 7:30)

8:00am-8:30 O Chalk Talk

8:35am-10:05 Practice 4

10:05-12:30 Lunch/D Install

12:45-2:15 Practice 5

August 18th: Report time 8:15am (Treatment 7:50)

8:30-8:50	D Chalk Talk
8:55-10:45	Practice 6
10:55-11:25	PHAT Cat Lift DB/LB Film
11:30-1:40	Lunch
1:45-2:05	O Install
2:10-3:55	Practice 7
4:05-35	DB/LB Lift PHAT Cat Film

August 19th: Report time 7:45am (Treatment 7:20)

8:00-8:25	D Chalk Talk
8:30-8:50	Special Teams Install
9:00-10:20	Practice 8
10:30-12:30	Lunch/O Install
12:40-2:10	Practice 9

August 20th: Report time 8:15am (Treatment 7:50)

8:30-8:50 Special Team Install

9:00-11:00 Practice 10

11:10-11:50 PHAT Cat Lift
LB/DB Film

11:50-2:00 Lunch/O Install

2:15-3:55 Practice 11

4:10-4:40 PHAT Cat Film
LB/DB lift

August 21st: Report Time 8:15am (Treatment 7:50)

8:30-8:45 Special Team Install

8:55-10:20 Practice 12

10:30-12:30 Lunch/O Install

12:40-2:10 Practice 13

August 22nd: Report Time 9:00am (Treatment 8:30)

9:10-11:00 Practice 14

11:15-12:15 Pool

12:30-2:15 Lunch/ O Install

2:25-4:15 Practice 15

4:20-4:50 PHAT Cat Chalk Talk
DB/LB Lift

August 23rd: Report Time 9:00am (Treatment 8:30)

9:10-9:40 PreGame Install

9:45-11:05 Practice 16

11:10-12:30 Lunch/O Install

12:40-2:00 Practice 17

August 25th: Report Time 8:00am (Treatment 7:40)

8:15-10:00 Practice 18

10:00-12:00 Lunch

12:20-1:40 Practice 19

August 26th: Report Time 8:00am

Scrimmage @ Weequhaic

August 27th: Report Time 9:00 (Treatment 8:30)

9:10-10:00 PHAT Cat Lift
LB/DB Film

1000-11:00 PHAT Cat Film
LB/DB Lift

11:20-12:15 Stretch and Fitness Run

11:15-1:15 Pool/Lunch

1:30-3:30 Practice 20

August 28th: Report Time 8:30 (Treatment 8:00)

8:40-10:40 Practice 21

10:50-1:00 Lunch

1:15-3:45 Practice 22

August 29st: Report Time 9:30 (Treatment 9:00)

9:40-10:10 PreGame Planning

10:20-11:40 Practice 23

11:50-2:00 Lunch/Install

2:00-3:15 Practice 24

August 30th: Report Time 8:30am (Treatment 8:00)

Scrimmage vs. Rahway/Irvington/Paterson Kennedy

September 1st: No Practice

September 2nd: School day practice time 3pm

Sept 5th Montgomery Scrimmage (Home) 4:30 pm