



JUNIOR 150

CAMP ITINERARY

7:00 AM - 8:00 AM: Player Registration Begins

- Players check in, take headshots, receive gear, and interview with scouts.
- NCSA Recruiting Seminar led by Ron Sigler.

8:00 AM - 8:15 AM: Introduction & Warm Up

- Detailed explanation of the day.
- Warm up led by Coach Lo Wood.

8:15 AM - 9:00 AM: Individual Skill Stations (Indy's)

- Position specific training session led by nationally respected coaches.

9:00 AM - 9:45 AM: 1 v 1 & 2 v 2

- (Skill Players: 1 v 1 & 2 v 2)
- (OL/DL: 1 v 1 & 5 v 5)

9:50 AM - 10:35 AM: 7 on 7 Tournament

- (Skill Players: 7 on 7 Tournament)
- (OL/DL: Indy's & 3 by 2 Drill)

10:35 AM - 10:50 AM: Lineman Standoff

- The top 5 OL & the 5 DL will compete in front of the whole camp.

10:50 AM - 11:00 AM: Awards & Final Remarks

- National Junior Showcase Presentation Ceremony