**NVHAA Centurions Football General Camp Schedule\***

**(\*Subject to change)**

**4-7 Aug 2018**

**Shenandoah Springs, Virginia**

Emergency Contact Phone Number for Camp [540-923-4300](tel:540-923-4300)

**Cell phone coverage VERY limited.**

**Saturday**

8 am Leave MBC, Northern Virginia (approx. 1 ½ hours drive from Manassas)

9:30 am Arrive at Camp, In-process, Room Setup

10 am Team Camp Picture (Wear White Team shirt & black/dark shorts)

10:15 am Welcome, Admin, Devotional (Camp brief, standards, procedures, safety, medical)

11 am Offense 1 Practice (Play install)

1 pm Lunch, Assessment (as needed), General Position Assignments

2:15 pm Offense 1 continued as needed, Offense 2 Practice (Play install)

6:00 pm Dinner

6:45 pm Special Teams 1 & Chalk Talk

8:45 pm Free Time & Showers (Prep for next day)

10:30 pm Lights Out

**Sunday**

7-8 am Speed and Agility (By group)

8:15 am Breakfast & Safety Briefing

9 am Chapel

10 am Offense 3 Practice (Play install)

12:30-13:00 Lunch

1 pm Rest and Film, Free Time

3 pm Offense Practice 4 (Play install)

6 pm Dinner

6:45 pm Special Teams 2 & Chalk Talk

8:45 pm Free Time & Showers (Prep for next day)

10:30 pm Lights Out

**Tuesday**

7-8:45 am Defense 3 Practice

9 am Breakfast & Safety Briefing

10 am Defense 4 Practice

12:00 pm Lunch

1 pm Special Teams 4

3:15 pm Service Project/Break Camp

6 p.m. Depart for MBC (Bag dinner on bus)

7:30-8 pm Arrive MBC

**Monday**

7-8 am Speed and Agility (By Group)

8:15 am Breakfast & Safety Briefing

9:30 am Defense 1 Practice

12-1 pm Lunch

1 pm Rest and Film, Free Time

3 pm Defense 2 Practice

6 pm Dinner

6:45 pm Special Teams 3 & Chalk Talk

8:45 pm Free Time & Showers (Prep for next day)

10:30 pm Lights Out