**2017 Centurions Camp Schedule**

**Shenandoah Springs, Virginia**

28 July to 31 July

Emergency Contact Phone Number for Camp 540-923-4300

**Cell phone coverage VERY limited.**

Contact: Randy Boice at : 571-334-8737 or Amy Majors at 540-827-7040 or

**Friday, 28 July 2017**

3:30-4 p.m. Leave Northern Virginia (approx. 1 ½ hours drive from Manassas)

6 p.m. Arrive at Camp, Check in, Room Setup

6:45 p.m. Team Camp Picture (wear blue team shirt & black shorts if you have, if not dark shorts & blue shirt if player has one available.)

7 p.m. In-processing brief/Defense X/O’s, Assessments

10 p.m. Showers

10:30 p.m. Lights Out

**Saturday, 29 July 2017**

7-8 am Speed and Agility (By group)

8-8:30 am Breakfast

8:30-8:55 am Devotion

8:55-9:00 am Safety Briefing

9:00-1200 Offense X/O’s, Linemen/Backs Practice

12:30-13:00 Lunch

1300-1500 Free Time (Swimming)

1500-1700 Offense and Defense Practice

1800-1900 Dinner

1900-2100 Film Instruction

2100-2200 Free Time/Showers

2230 Lights Out

**Monday, 31 July 2017**

7 -8 am Speed and Agility

8-8:30 am Breakfast

8:30 - 1000 am Practice

10:00-12:00 Service Project/Break Camp

12:00 Depart for home (Lunch is on your own)

2:30 p.m. (approx) Return home

**Sunday, 30 July 2017**

7-8 am Speed and Agility (By Group)

8-8:30 am Breakfast

8:35-8:40 am Safety Briefing

8:45-9:45 am Church

10:00-12:00 Line/Backs Practice

12-12:30 Lunch

12:30-1330 Instruction

1330-1500 Practice

1500-1630 Free Time (Swimming)

1630-1830 Practice

1830-1930 Dinner

1930-2100 Football Instructional Film

2100-2200 Free Time/Showers

22:30 Lights Out