



**Cantwell -Sacred Heart of Mary High School
2012 CARDINAL
FOOTBALL CAMP**



Fri. 5/18/ 2012

**(Free) Registration
3:00pm - 6:00pm**

**Welcome
6:05pm - 6:25pm**

**Dynamic Warm Up
6:30pm – 6:50pm**

**Form Running
6:50pm – 7:10pm**

**Water
7:10pm – 7:15pm**

**Speed & Power Drills
7:15pm – 7:30pm**

**Agility Drills
7:30pm – 7:45pm**

**Water
7:45pm – 7:50pm**

**Reaction Drills
7:50pm – 8:05pm**

**Quickness Drills
8:05 – 8:20pm**

**Cool Down
8:20pm – 8:30pm**

**Dismissal
8:30pm**

Sat. 5/19/ 2012

**Check In
8:00am - 8:30am**

**Dynamic Warm Up
9:00am - 9:30am**

**Football Drills
9:30am – 11:00am**

**Lunch
11:30am – 1:00pm**

**Dynamic Warm Up
1:00pm – 1:15pm**

**Offense Indo's
1:15pm – 1:45pm**

**Offensive Group
1:45pm – 2:15pm**

**Water Break
2:15pm – 2:30pm**

**Defensive Indo's
2:30PM – 3:00PM**

**Defensive Group
3:00pm – 3:30pm**

**Closing Remarks
3:30pm – 3:45pm**

**Dismissal
3:45pm**



The first 150 Athletes ages 11-14 registered will receive a Camp T-Shirt.

For more information contact Coach Taylor at 323-887-2066, Ext. 531 or email ktaylor@cshm.org
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