

MONTANA FOOTBALL AUGUST, 2013

FALL CAMP

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>4</p> <p>All Players Reporting Day</p>	<p>5</p> <p>7:00 – Helmet/equipment fitting</p>	<p>6</p> <p>7:30-8:30 - EQUIPMENT ROOM TEAM ISSUE (Vets & New Comers)</p> <p>2:00 - 1-a-day schedule</p>	<p>7</p> <p>2:00 - 1-a-day schedule H</p>	<p>8</p> <p>2:00 - 1-a-day schedule H/S</p>	<p>9</p> <p>2:00 - 1-a-day schedule H/S</p>	<p>10</p> <p>2:00 - 1-a-day schedule FP</p>
<p>11</p> <p>2-a-day schedule</p> <p>25 second game clock/ 8:30 am & situations</p> <p>7:45 pm Scrimmage-officials</p>	<p>12</p> <p>2:00 - 1-a-day schedule FP</p>	<p>13</p> <p>2-a-day schedule</p>	<p>14</p> <p>2:00 - 1-a-day schedule FP</p>	<p>15</p> <p>2-a-day schedule</p>	<p>16</p> <p>2:00 - 1-a-day schedule FP</p>	<p>17</p> <p>Stretch 9:30/ 7on7 10:00</p> <p>Scrum 10:10 Followed by Media Day– 11:30am</p>
<p>18</p> <p>Dinner 6:00</p>	<p>19</p> <p>2-a-day schedule</p>	<p>20</p> <p>2:00 - 1-a-day schedule</p>	<p>21</p> <p>2-a-day schedule</p>	<p>22</p> <p>Scrum 9:15am</p> <p>Great Griz Encounter At Caras Park</p>	<p>23</p> <p>2-a-day</p>	<p>24</p> <p>Practice 7:00pm</p>
<p>25</p> <p>Sunday schedule</p>	<p>26</p> <p>No Practice</p> <p>UM Classes begin</p>	<p>27</p> <p>Tuesday schedule</p>	<p>28</p> <p>Wednesday schedule</p>	<p>29</p> <p>Thursday schedule</p>	<p>30</p> <p>Friday schedule</p>	<p>31</p> <p>Game day vs. App State 7:00pm</p>

BASIC ONE-A-DAY SCHEDULE

6:45 am Wake up
 7:00 Breakfast
 7:30-9:15 Treatments (staff meeting - schedules & personnel) / Lifting (as assigned by Coach O)
 9:00 J.C. – injury report before Special Teams
 9:10 Special Teams (meet - walk through)
 9:50 Position meetings
 11:00 Walk through
 11:45 Lunch
 1:15 Staff meeting
 2:00 Practice (tech, specialists, stretch) Riverbowl / Transition to Stadium after Indy
 4:45-5:30 Post-practice treatment (River) – Training Room
 5:15-6:45 Dinner
 7:30 Special Teams (meet or walk through)
 8:10 Team meeting when called otherwise position meetings
 8:15 Walk through (install)
 9:15 Competition
 9:45 Circle of Trust

BASIC TWO-A-DAY SCHEDULE

6:45 am Staff meeting (personnel & practice schedule) - wake up
 6:45 Treatments and taping begins
 7:00 Breakfast
 7:15 Coach Myers- give injury report to staff
 8:30 Practice (teach, specialists, stretch) - Riverbowl ½ pads
 11:00a-12:45p Staff watch tape
 12:45-2:15 Lunch and players off feet
 2:15 Staff meeting (practice schedule)
 4:30 Dinner
 5:15-6:00 Treatment and tape (5:45 J.C.)
 6:00 Special Teams
 6:30 Position meetings
 7:45 Practice (Teach, Specialists, Stretch) Full Pads (lights if necessary)
 Transition to stadium after Indy
 10:00 Treatments - finished for day

H = Helmets
 H/S = Helmets & Shoulder Pads
 FP = Full Pads