

Development Camp Itinerary:

Saturday

3-5:00pm

Check In—Trinity House Dorm

5-6:30pm

Dining on your own (Connection Café—University Center is open)

7-9pm

Meeting/Classroom (K. C. Hall)

- Introduction/Expectations
- Introduction into Sports Psychology
- Commitment

10pm

Curfew-Trinity House Dorm (mandatory)

Sunday

6:30am

Devotional—Starbucks in University Center (Optional)

7-7:30am

Breakfast (mandatory)

8-11am

Kicking on Field-Maverick Stadium

11-noon

Lunch

12:30-4:30pm

Kick-Specific Training-Maverick Stadium

3-4:30pm

Punters on Field-Maverick Stadium

4:30-5:30pm

Dinner

5:30-7:30pm

Meeting/Classroom/Film (K. C. Hall)

- Performance Nutrition Planning
- Drugs and Sports
- Supplements and their effects

9:30pm

Curfew-Trinity House Dorm (mandatory)
Staff monitors hallway

Monday

6:30am	Devotional—Starbucks in University Center (Optional)
7-7:30am	Breakfast (mandatory)
8-11am	Kicking on Field-Maverick Stadium
11am-Noon	Lunch
12:30-4:30pm	Kick-Specific Training-Maverick Stadium
3-4:30pm	Punters on Field-Maverick Stadium
4:30-5:30pm	Dinner
5:30-7:30pm	Meeting/Classroom/Film (K. C. Hall) <ul style="list-style-type: none">• Visualization• Mental Preparation<ul style="list-style-type: none">○ Off-Season○ Pre-Season○ In-Season• Practice Routines<ul style="list-style-type: none">○ Off-Season○ Pre-Season○ In-Season
9:30pm	Curfew-Trinity House Dorm (mandatory) Staff monitors hallway

Tuesday, June 16

6:30am	Devotional—Starbucks in University Center (Optional)
7-7:30am	Breakfast (mandatory)
8-11am	Kicking on Field-Maverick Stadium
11am-Noon	Lunch
12:30-4:30pm	Kick-Specific Training-Maverick Stadium
3-4:30pm	Punters on Field-Maverick Stadium
4:30-5:30pm	Dinner
5:30-7:30pm	Meeting/Classroom/Film (K. C. Hall)
8:30-9:30pm	Kicking Under Lights-Maverick Stadium
10:00pm	Curfew-Trinity House Dorm (mandatory) Staff monitors hallway

Wednesday, June 18

6:30am	Devotional—Starbucks in University Center (Optional)
7-7:30am	Breakfast (mandatory)
8:30-11am	All Phases-Competition-Maverick Stadium
11-Noon	Camp Check Out-Trinity House Dorm

Other Itinerary Information:

- Players attend assigned individual meetings with **Dr. John Muczko** throughout each day. Time will be assigned.
- Morning field sessions are split into small groups according to age/grade level.
- Evening meetings include topics such as Drugs in Sports, Concentration, Commitment, Nutritional Plans, Practice Routines, and more.
- All Sessions and meetings are mandatory.
- Optional Bible Studies available each morning.
- Updated itinerary with more specific times will be given out at each camp.