

## Development Camp Itinerary:

### Saturday

3-5:00pm

#### Check In

5-6:00pm

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

6-8:30pm

Meeting/Classroom

- Introduction/Expectations
- Introduction into Sports Psychology
- Commitment

10pm

Curfew- (mandatory)

### Sunday

6:30am

Devotional -TBA (Optional)

7-7:30am

Breakfast -TBA (mandatory)

8-9:30am

Groups 3-4: Kicking on Field-Maverick Stadium

9:30-11:00am

Groups 1-2: Kicking on Field-Maverick Stadium

11-noon

Lunch

12:30-4:30pm

Kick-Specific Training-Maverick Stadium

2:30-4:00pm

Punters on Field-Maverick Stadium

4:30-5:30pm

Dinner

6:00-7:30pm

Meeting/Classroom

- Visualization
- Mental Preparation
  - Off-Season
  - Pre-Season
  - In-Season
- Practice Routines
  - Off-Season
  - Pre-Season
  - In-Season

10:00pm

Curfew- (mandatory)

Staff monitors hallway

### Monday

6:30am

Devotional-TBA (Optional)

7-7:30am

Breakfast in University Center (mandatory)

8-11am

Kicking on Field-Maverick Stadium

11am-Noon

Lunch

12:30-4:30pm

Kick-Specific Training-Maverick Stadium

2:30-4:00pm

Punters on Field-Maverick Stadium

4:30-5:30pm

Dinner

6:00-7:30pm

Meeting/Classroom

- Performance Nutrition Planning
- Drugs and Sports

9:30pm

- Supplements and their effects

Curfew- (mandatory)  
Staff monitors hallway

## **Tuesday**

6:30am Devotional- TBA (Optional)  
7-7:30am Breakfast in University Center(mandatory)  
8-11am Kicking on Field-Maverick Stadium  
11am-Noon Lunch  
2:30-4:00pm Kick-Specific Training-Maverick Stadium  
3-4:30pm Punters on Field-Maverick Stadium  
4:30-5:30pm Dinner  
6:00-7:00pm Meeting/Classroom

- Practice Routines (yearly)

8:30-9:30pm Kicking Under Lights-Maverick Stadium  
10:00pm Curfew- (mandatory)  
Staff monitors hallway

## **Wednesday**

7-7:30am Breakfast in University Center(mandatory)  
8:30-11am All Phases-Competition-Maverick Stadium  
**11-Noon Camp Check Out**

### 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.