

HEMPFIELD FOOTBALL SUMMER CAMP SCHEDULE 2019

Heat Acclimatization Plan (PIAA Mandate)

Monday August 5, 2019	7:00-11:30 AM (Players report at 6:30)
Tuesday August 6, 2019	7:00-11:30 AM (Players report at 6:30) -Baseline Concussion Test (10:00-12:00)
Wednesday August 7, 2019	7:00 AM-1:30 PM (Players report at 6:30)
Thursday August 8, 2018	7:00 AM-11:30 PM (Players report at 6:30)
Friday August 9, 2019	7:00 AM-1:30 PM (Players report at 6:30)

Monday, August 12th-Thursday, August 15th

5:45-Locker Room Opens
6:30AM-9:00 AM – Practice 1
9:00 AM-11:00PM – Snack, Rest, Practice Film, Meetings
***All players are responsible to bring their own healthy snacks*
11:15 AM – 1:30 PM – Practice 2

Friday, August 16th

5:45-Locker Room Opens
6:30AM-9:00 AM – Practice 1
9:00 AM-11:00PM – Snack, Rest, Practice Film, Meetings
***All players are responsible to bring their own healthy snacks*
11:15 AM – 1:30 PM – Practice 2
1:30 PM-3:30 PM – Meetings and Game uniform issue
3:30 PM-4:00 PM – Pizza
4:00 PM – 5:30 PM - Pictures
7:00PM-9:00PM – Meet the Team Knight

Saturday, August 17th

Scrimmage @ Red Lion 10:00 AM

Monday, August 19th-Thursday, August 22nd

3:30 PM-6:30 PM – Practice

Friday, August 23rd

After School Team Meal 3:15 PM in Café
Game 1 vs Dallastown 7:00 PM