

Langley Rams Spring Camp

Date	Time	Duration		Details Details
03-May	4:30	90	minutes	Registration plus Gear Up
04-May	Practice 1			
	4:30PM	90	minutes	TAPING
	6:00 PM	15	minutes	Stretch
	6:15 PM	30	minutes	Indy
	6:45 PM	20	minutes	1 on 1
	7:15 PM	30	minutes	Play Insertion
	7:45 PM	10	minutes	group stretch
	7:55 PM	5	minutes	team meeting
	8:00 PM	0	minutes	end of practice 1
05-May	Practice 2			
	8:30 AM	80	minutes	TAPING
	10:00 AM	20	minutes	Play Insertion
	10:20 AM	15	minutes	Stretch
	10:35 AM	20	minutes	Indy
	10:55 AM	20	minutes	1 vs. 1 Pass
	11:15 AM	20	minutes	Inside Run / pass skell
	11:35 AM	20	minutes	SPECIAL TEAMS/kick&K.R
	11:55 PM	10	minutes	Kick comp/group stretch
	12:00 PM	5	minutes	team meeting
	12:00 PM	120	minutes	Lunch
	Practice 3			
	1:00PM	60	minutes	TAPING
	2:00 PM	20	minutes	Play Insertion
	2:20 PM	15	minutes	Stretch
	2:35 PM	15	minutes	Indy
	2:50 PM	20	minutes	SPECIAL TEAMS/Punt-Punt return
	3:10PM	15	minutes	Inside Run/Skell
	3:25 PM	20	minutes	12 on 12
	3:45 PM	10	minutes	group stretch
3:55 PM	5	minutes	team meeting	
06-May	Practice 4(HELMETS ONLY)			
	9:30AM	75	minutes	TAPING
	11:00 AM	20	minutes	team time review
	11:20 AM	15	minutes	Warm-up
	11:35 AM	20	minutes	Special teams
	11:55 PM	5	minutes	TEAM MEETING
	12:00:PM	60	minutes	Lunch
	GAME DAY BABY!			
	12:30	30	minutes	TAPING
	1:00 PM	30	minutes	Game Warm-up
	1:30 PM	60	minutes	Game
	2:30 PM	15	minutes	Group Stretch & letters
	2:45 PM	0	minutes	CAMP OVER