

## **2008 Development Camp Itinerary:**

### **Saturday, June 14, 2008**

- 3-5pm      **Check In—Camp #1 (dinner on your own)**
- 7-9pm      Meeting/Classroom
- Introduction/Expectations
  - Introduction into Sports Psychology
  - Commitment
- 10pm      Curfew (mandatory)

### **Sunday, June 15**

- 7-8am      Sunday Devotional (Optional)
- 8-9am      Breakfast (mandatory)
- 9-Noon     Kicking on Field
- Noon-1pm   Lunch
- 1-5pm      Kick-Specific Training
- 3-4:30pm   Punters on Field
- 5-6pm      Dinner
- 6-8pm      Meeting/Classroom/Film
- Nutritional Planning
  - Drugs and Sports
  - Supplements and their effects
- 10pm      Curfew (mandatory)

### **Monday, June 16**

- 8-9am Breakfast (mandatory)
- 9-Noon Kicking on Field
- Noon-1pm Lunch
- 1-5pm Kick-Specific Training
- 3-4:30pm Punters on Field
- 5-6pm Dinner
- 6-8pm Meeting/Classroom/Film
  - Visualization
  - Mental Preparation
    - Off-Season
    - Pre-Season
    - In-Season
  - Practice Routines
    - Off-Season
    - Pre-Season
    - In-Season
- 10pm Curfew (mandatory)

### **Tuesday, June 17**

- 8-9am Breakfast (mandatory)
- 9-Noon Kicking on Field
- Noon-1pm Lunch
- 1-5pm Kick-Specific Training
- 3-4:30pm Punters on Field
- 5-6pm Dinner
- 8-9:30pm Kicking Under Lights
- 10:30pm Curfew (mandatory)

### **Wednesday, June 18**

- 8-9am Breakfast (mandatory)
- 9-11am All Phases-Competition
- 12-1pm Camp #1 Check Out**

### **Wednesday, June 18**

- 3-5pm      **Check In—Camp #2 (dinner on your own)**
- 7-9pm      Meeting/Classroom
- Introduction/Expectations
  - Introduction into Sports Psychology
  - Commitment
- 10pm      Curfew (mandatory)

### **Thursday, June 19**

- 7-8am      Sunday Devotional (Optional)
- 8-9am      Breakfast (mandatory)
- 9-Noon     Kicking on Field
- Noon-1pm   Lunch
- 1-5pm      Kick-Specific Training
- 3-4:30pm   Punters on Field
- 5-6pm      Dinner
- 6-8pm      Meeting/Classroom/Film
- Nutritional Planning
  - Drugs and Sports
  - Supplements and their effects
- 10pm      Curfew (mandatory)

### **Friday, June 20**

- 8-9am Breakfast (mandatory)
- 9-Noon Kicking on Field
- Noon-1pm Lunch
- 1-5pm Kick-Specific Training
- 3-4:30pm Punters on Field
- 5-6pm Dinner
- 6-8pm Meeting/Classroom/Film
  - Visualization
  - Mental Preparation
    - Off-Season
    - Pre-Season
    - In-Season
  - Practice Routines
    - Off-Season
    - Pre-Season
    - In-Season
- 10pm Curfew (mandatory)

### **Saturday, June 21**

- 8-9am Breakfast (mandatory)
- 9-Noon Kicking on Field
- Noon-1pm Lunch
- 1-5pm Kick-Specific Training
- 3-4:30pm Punters on Field
- 5-6pm Dinner
- 8-9:30pm Kicking Under Lights
- 10:30pm Curfew (mandatory)

### **Sunday, June 22**

- 8-9am Breakfast (mandatory)
- 9-11am All Phases-Competition
- Noon-1pm Check Out**

Other Itinerary Information:

- Players attend assigned individual meetings with **Dr. John Muczko** throughout each day.
- Morning field sessions are split into small groups.
- Night meetings include topics such as Drugs in Sports, Concentration, Commitment, Nutritional Plans, Practice Routines, and more.
- All Sessions and meetings are mandatory
- Bible Studies are optional and could be scheduled more days
- Updated itinerary with final times will be given out at each camp