

Millersville Team Camp Schedule

Day 1	
7:00 – 9:00 AM	Teams check into dorms. All coaches must reserve a check-in time with Coach Cantafio. If a team cannot make it between 7:00-9:00 AM they can arrange a check in time with coach. Call Coach Cantafio at 717-468-7185.
9:30 – 11:30 AM	Team practice time. All teams will be assigned a practice field. If you arrive early for check in you can report to your practice field as soon as you are ready. Assigned practice fields will be used Day #1 AM, Day #2 and #3 evening. All other times you report to your assigned 7 on 7 field for team work-out.
11:30 AM	Mandatory Head Coaches meeting in the café.
12:00 Noon	Lunch. All coaches must supervise their players in the café. Please make sure they return their food trays to the wash room.
1:30 – 3:30 PM	Team practice time at your 3:30 assigned field.
3:30 – 4:30 PM	<p>Interaction #1. Check schedule for assigned field and team you are up against.</p> <ul style="list-style-type: none"> Offensive line clinic provided by the Millersville staff. Send your O-Line to assigned area for O-Line work. This clinic will be available Day #1 afternoon, Day #2 and #3 morning and afternoon. <p style="text-align: center;">COACHES MENU</p> <ul style="list-style-type: none"> 7 on 7 Period 11 on 11 Period 8 on 8 Period (Inside Run) with WR VS DB one on one's O-Line vs D-Line one on one's Coaches are to get in contact with each other and decide before they get to camp on what they want to do during this period. VERY IMPORTANT: All coaches will have contact information for every team they go up against. Please get in contact with each other to set your practice schedules. You will get camp schedules at least one month before the start of camps. Two teams will be assigned a full field during interactions period. Varsity on one side JV on the other. Helmets are allowed in camp. If you do 11 on 11 or 8 on 8 the up-front players must use shields. NO SHOULDER PADS ARE ALLOWED AT CAMP.
5:00 PM	Dinner
6:30 – 7:30 PM	Team practice at assigned interaction field
7:30 – 8:30 PM	Interaction #2. Use menu for this period.
8:45 PM	Camp ends for the day.
11:00 PM	Camp curfew. All players in bed.
<ul style="list-style-type: none"> Filming During Camp: The Millersville staff will film interactions on the game field and football practice field and load to Hudl for your review. 	

Day 2

7:00 AM	Breakfast
8:00 – 9:30 AM	Team practice at assigned 9:30 AM interaction field.
9:30 – 10:30 AM	Interaction #3. Use menu for this period
10:30 – 10:50	Break
10:50 – 11:50	Interaction #4. Use menu for this period.
12:00 Noon	Lunch
12:30 – 2:00 PM	Kicking instruction on game field. John Zima
1:30 – 3:30 PM	Team Practice time at your assigned 3:30 PM field.
3:30 – 4:30 PM	Interaction #5. Use menu for this period
5:00 PM	Dinner
6:30 – 8:30 PM	<p>Report to assigned practice field. Same field you reported to Day #1 morning.</p> <p>Coaches' choice for this period.</p> <ul style="list-style-type: none"> • Team practice • 7 on 7 • 11 on 11 • 8 on 8 • One on one's <p>You are not assigned a team to go up against. It is the head coaches responsibility to arrange and interaction with another team. You can do this in advance or at the mandatory coaches meeting the first morning.</p>
8:45 PM	Camp ends for the day.
11:00 PM	Camp curfew. All players in bed.

Day 3

7:00 AM	Breakfast
8:00 – 9:30 AM	Team practice at assigned 9:30 AM interaction field.
9:30 – 10:30 AM	Interaction #6. Use menu for this period
10:30 – 10:50	Break
10:50 – 11:50	Interaction #7. Use menu for this period.
12:00 Noon	<p>Lunch</p> <ul style="list-style-type: none"> • Must arrange check-out with Coach Cantafio
12:30 – 2:00 PM	Kicking instruction on game field. John Zima
1:30 – 3:30 PM	Team Practice time at your assigned 3:30 PM field.
3:30 – 4:30 PM	Interaction #8. Use menu for this period
5:00 PM	<p>Dinner</p> <ul style="list-style-type: none"> • Must arrange check-out with Coach Cantafio
6:30 – 8:00 PM	<p>Report to assigned practice field. Same field you reported to Day #1 morning.</p> <p>Coaches' choice for this period.</p> <ul style="list-style-type: none"> • Team practice • 7 on 7 • 11 on 11 • 8 on 8 • One on one's <p>You are not assigned a team to go up against. It is the head coaches responsibility to arrange and interaction with another team. You can do this in advance or at the mandatory coaches meeting the first morning.</p>
6:30 – 8:30 PM	<p>Camp Check-out</p> <ul style="list-style-type: none"> • ROOMS CLEANED and all keys returned to front desk • Security deposits will be returned when I get the final bill from Millersville. • If you are interested in checking out after dinner on the 3rd night you must make arrangements with Coach Cantafio in advance.