

**MARPLE NEWTOWN TIGER**  
**2008 SUMMER CAMP SCHEDULE**

**First week of Camp**

6:45 AM	Locker Room Opens
7:30 AM	on field-pre-practice/position meetings
7:45- 9:45 AM	<b>PRACTICE #1 Turf</b>
10:45-12 N	<b>KICKING PRACTICE</b> (helmets & shorts)
12 N- 1:30 PM	Lunch & Meetings
1:30- 1:45 PM	pre-practice position meetings
1:50- 4 PM	<b>PRACTICE #2</b>
4- 4:30 PM	Wt. Room.- 2 days per week/ 2 groups Mon.- Wed.                      Tues.-Thursday week #1- teach core lifts week#2- 3 x 3 with low resistance

**Fridays**

7:45-10:30 AM	<b>PRACTICE #1</b> w/kicking- Turf
10:30- 12:30 PM	break & Meetings
12:30-3:00 PM	<b>PRACTICE #2</b> w/kicking

---

**Second week of Camp**

**Picture Day Monday 18th**

7:30 -10 AM	<b>PRACTICE #1</b> w/kicking
10- 12 PM	break & meetings
12:15-2:45 PM	<b>PRACTICE #2</b> w/kicking
3- 5 PM	<b>Picture Day</b>
Tuesday & Wednesday	same as week #1

---

**Thursday August 21<sup>st</sup>**

	<b>Jr. Tigers Day</b>
7:30- 10 AM	<b>Practice #1</b> w/kicking
10-11:30 AM	lunch & meetings
11:45- 2:15 PM	<b>Practice #2</b> w/kicking
2:15 PM	Dismissal Home
5:30 – 7:30 PM	MN Jr Tigers & MNHS Tigers Practice in HH

---

**Monday 25<sup>th</sup>**

1:30- 2:30 PM	Video Academy Park
3- 5:30 PM	<b>PRACTICE</b>
5:30-6 PM	Weight lifting- varsity

**Tuesday 26<sup>th</sup> & Wednesday 27<sup>th</sup>**

2:-3:15 PM	Varsity- Conestoga video JV- lift (Tuesday)
3:30 - 6:00	<b>PRACTICE</b>
6- 6:30 PM	Varsity- Conestoga Video Varsity- lift (Wednesday)

**Thursday 28<sup>th</sup>**

2 PM- 3:15 PM	Video- Conestoga Helmet Decals, Game Pants, Jerseys
3:30 PM- 6 PM	<b>PRACTICE</b>
<b>6 PM</b>	Athletic Department Kickoff Event