

ABILENE EAGLES- 2009 ITINERARY

THUR. OCT. 8 , - 3:00- WALK –THRU & FILM-(30)
3:30- HELMET AWARDS-(10)
3:50- TUTORIALS-PICK UP SLIPS & ITINERARY
4:50- TEAM MEAL
5:30- “ROO TIME” / FRESHMEN- 5:00 & 7:00

FRI. . OCT. 9 , 2009

****WEAR YOUR TRAVEL SHIRTS TO SCHOOL**

****BRING A LIGHT SACK LUNCH, AND PILLOW**

3:00-“Q.T./F.T. IN EFFECT” (J.V. WEIGHTS & FILM)

3:00- OFF. / DEF. GAME PLAN TESTS, TIPS & REMINDERS, FILM-(30)

3:30- WALK TO AUDITORIUM

3:35- DEVOTIONAL-(15-20) IN THE AUDITORIUM

3:55- DRESS IN SHORTS

- EAT PRE-GAME SNACK & CHECK ALL GEAR-(20)

4:15- “LIGHTS OUT”-(60)

5:15- BEGIN DRESSING & TAPING –(15)

5:35- LOAD THE BUSES FOR KANGAROO STADIUM

5:45- ARRIVE AT STADIUM-WALK FIELD –HYDRATE-(30)

6:00 - 5 MIN. SPECIAL TEAMS MEETINGS (PER GROUP)

6:35- SPECIALTY OUT-(5) KICK,PUNT,SNAP,HOLD,Q.B./REC (5)

6:40- ROUTES-(5)

6:45- DEEP BALL WITH D.B.’S-(5)

6:50- TEAM FLEX-(5)

6:55- INDO-(10)

7:05- T.T.O. & P.A.T.-(5)

7:10- CLEAR THE FIELD-

7:12 - COACHES COIN TOSS

7:22- ROOS TAKE THE FIELD-(1)

7:22-MOCK COIN TOSS-CAPTAINS-

7:27- NATIONAL ANTHEM-(3)

7:30- KICK-OFF-“BEAT THE EAGLES”

CHAMPIONSHIP THOUGHT :

“CHECK-IN”

“GREEN LIGHTS”

“SW-NP”

PLAY WEATHERFORD FOOTBALL... ONE PLAY AT A TIME.

