

LAMAR VIKINGS-VARSITY ITINERARY-2009

THUR. & FRI.

THURS. SEPT. 3, 2009

2:50- "GHOST GAME" @ THE OUTBACK -(30)
3:30- PICK UP ITINERARY (J.V. PICK UP GEAR))
PICK UP TUTORIAL SLIPS

3:50- MANDATORY TUTORIALS- (45)

4:50- TURN IN TUTORIAL SLIPS TO WHEATON & WALLER-CAFETERIA
TEAM MEAL-BRING \$2.00

5:30- "ROO TIME"-HI-LITE VIDEO & HELMET AWARDS

10:00- CURFEW- HYDRATE, ICE-BATHS- GET REST!!!

FRI. . SEPT. 4,

**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-(20)

3:25- WALK TO AUDITORIUM

3:30- DEVOTIONAL-(15-20) IN THE AUDITORIUM

3:50- DRESS IN SHORTS

4:00- EAT PRE-GAME SNACK & PACK ALL GEAR

4:45- LOAD BUSES & DEPART FOR LEWISVILLE

"LIGHTS OUT" ON THE BUS RIDE TO ARLINGTON

5:45- ARRIVE AT STADIUM-WALK FIELD / BEGIN TAPING-(30)

6:35- SPECIALTY OUT-(10) KICK,PUNT,SNAP,HOLD,Q.B./REC (10)

6:45- ROUTES-(5)

6:50- DEEP BALL WITH D.B.'S-(5)

6:55- TEAM FLEX-(5)

7:00- INDO-(10)

7:10- T.T.O. & P.A.T.-(5)

7:15- CLEAR THE FIELD- (10)-(COACHES COIN TOSS)

7:25- ROOS TAKE THE FIELD-(1)

7:27- MOCK COIN TOSS

7:28- NATIONAL ANTHEM-(1)

7:30- KICK-OFF-"BEAT THE VIKINGS"

CHAMPIONSHIP THOUGHT :

"CHECK-IN"

"GREEN LIGHTS"

"SO WHAT...NEXT PLAY"

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

