

COPPELL COWBOYS-VARSITY ITINERARY-2009

THURS. SEPT. 17, - 2:50- WALK –THRU & FILM-(30)

3:20- HELMET AWARDS-(20)

3:50- TUTORIALS-PICK UP SLIPS & ITINERARY

4:50- TEAM MEAL

5:30- “ROO TIME”

FRI. . SEPT. 18, 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”

5:15- BEGIN DRESSING & TAPING

5:30- LOAD THE BUSES FOR KANGAROO STADIUM

5:45- ARRIVE AT STADIUM-WALK FIELD -HYDRATE

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 MOCK COIN TOSS

7:18- ROOS TAKE THE FIELD-(1)

7:22- MOCK COIN TOSS-CAPTAINS / KURT HARRIS RECOGNITION

7:27- NATIONAL ANTHEM-(1)

7:30- KICK-OFF-“BEAT THE COWBOYS”

CHAMPIONSHIP THOUGHT :

“CHECK-IN”

“GREEN LIGHTS”

“SO WHAT...NEXT PLAY”

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

