

BOWDOIN FOOTBALL YOUTH CAMP

Youth Camp Schedule

7/25

5:00-6:00pm

Registration

6:00pm

Welcome and Introduction

6:05-6:15pm

Stretch

6:15-6:35pm

Agility Circuit

6:35-6:40pm

Break

6:40-7:10

Tackle Rings

7:10-7:30pm

Skills Circuit

7/26

6:00pm – 6:10pm

Stretch

6:10-6:30pm

Agility Circuit

6:30-6:35pm

Break

6:35-7:05pm

Tackle Rings

7:05-7:30

Skills Circuit

7/27

6:00pm – 6:10pm

Stretch

6:10-6:30pm

Agility Circuit

6:30-6:35pm

Break

6:35-7:05pm

Tackle Rings

7:05-7:30pm

Skills Circuit