

NDSU BISON FOOTBALL INDY CAMP DAY #1

GREEN / GOLD - Split up by position- OFFENSE/DEFENSE evenly among grades (Wristband)

*Need to wear WRISTBAND ALL CAMP LONG - Color (Green/Gold) and Camp ID (ex. A2)

*Camp ID on wristband (ex. A2) denotes your Testing Line, Attendance Line, and Razzle Dazzle Team

Follow @NDSUfbCamp on TWITTER for any updates regarding Camp

Friday, June 14th

6:00-9:00 pm Registration (Ht/Wt/Reach/T Shirt/Dorm) (Nodak Insurance IPF)
Registration/Dorm Check-In NDSU Dormitory (Reed / N. & S. Weible)

Saturday, June 15th

6:30-8:30 am Breakfast- **RESIDENT CAMPERS ONLY** (West Dining Center)

7:00-9:00 am Registration (Ht/Wt/Reach/T Shirt/Dorm) (Nodak Insurance IPF)
Dorm Check-In NDSU Dormitory (Reed / N. & S. Weible)

9:00-9:50 am RESIDENT Camper Meetings (Reed / N & S Weible - Volleyball Courts)
Commuter Camper Meeting (South Stands of Fargodome)

10:05 am-10:20 am Transition to Hanson & Yaggie Field for Athletic Movement - **CLEATS ONLY**
Coach Polasek Intro - Hanson & Yaggie Field

10:25 - 10:40 am Warm up led by NDSU S&C Staff in Attendance Lines (Hanson & Yaggie Field)
10:40 - 10:55 am Dismissal from Field (12th Grade: Inside / 9th-11th Grade: Outside)
10:40-12:15 pm Athletic Movements

12:15-2:15 pm Lunch (West Dining Center)
(*1:30 Hanson & Yaggie Field-Kickers/Punters/Long Snap)

2:15-2:30 pm All Transition to Hanson & Yaggie Field for Dismissal @ 2:30 (Helmets/Shoulder Pads)

2:30-2:45 pm Dismiss & Transition to Designated Practice Locations (Hanson & Yaggie Field)

2:45-2:55 pm Warm Up Stretch at Designated Practice Location

2:55 - 3:55 pm **Practice #1 - GREEN OFFENSE / GOLD DEFENSE** (Nodak IPF / FargoDome / Dacotah)
Nodak Insurance IPF: Green-TE-FB/WR/QB Gold-DB
Dacotah: Green-RB Gold-LB
FargoDome: Green-OL Gold-DL

3:55 - 4:05 pm Transition

4:05-5:05 pm **Practice #2 - GREEN DEFENSE / GOLD OFFENSE** (Nodak IPF / FargoDome / Dacotah)
(Dismissal: 4:30 9-10 Grade, 4:50 11th Grade, 5:10 12th -Each Coach Handle Pos. Group)
Nodak Insurance IPF: Gold-TE-FB/WR/QB Green-DB
Dacotah: Gold-RB Green-LB
FargoDome: Gold-OL Green-DL

5:00-7:15 pm Dinner (West Dining Center)

7:15-7:30 pm Transition to Hanson & Yaggie Field for Razzle Dazzle - **CLEATS ONLY**

7:30-7:40 pm Meet at Hanson & Yaggie Field for Razzle Dazzle

7:40-9:00 pm RAZZLE DAZZLE (Nodak Insurance IPF & Dacotah Field)

9:00 pm Pizza Pick-Up/Gatorade (Weible Lounge) - Camp Store (Weible Lounge)

10:45 pm Lights Out

NDSU BISON FOOTBALL INDY CAMP DAY #2

Sunday, June 16th

6:30-8:00 am Breakfast- RESIDENT CAMPERS ONLY (West Dining Center)

8:30-8:40 am All Transition to Hanson & Yaggie Field for Attendance @ 8:40 (Helmets/Shoulder Pads)

8:40-8:50 am Attendance Lines

8:50-9:00 am Dismiss and Warm Up Stretch at Designated Practice Location

9:00-10:00 am **Practice #3 - GREEN OFFENSE / GOLD DEFENSE** (Nodak IPF / FargoDome / Dacotah)
Nodak Insurance IPF: Green-TE-FB/WR/QB Gold-DB
Dacotah: Green-RB Gold-LB
FargoDome: Green-OL Gold-DL

10:00-10:10 am Transition to 1 on 1's / Water Break

10:10-11:00 am **GREEN OFFENSE / GOLD DEFENSE**
QB/WR/TE/DB=1 on 1's (Nodak IPF) RB/LB= 1 on 1's (Dacotah)
OL/DL=1 on 1's (FargoDome)
(Dismissal: 10:40 9-11 Grade, 11:05 Seniors - 1 Day Campers to Dome @ 11:00 am)

10:45-1:30 pm Lunch (West Dining Center)

2:00-2:30 pm Transition to Fields for Practice (Helmets and Shoulder Pads)

2:30-3:30 pm **Practice #4 - GREEN DEFENSE / GOLD OFFENSE** (Nodak IPF / FargoDome / Dacotah)
Nodak Insurance IPF: Gold-TE-FB/WR/QB Green-DB
Dacotah: Gold-RB Green-LB
FargoDome: Gold-OL Green-DL

3:30-3:40 pm Transition to 1 on 1's / Water Break

3:40-4:30 pm **GREEN DEFENSE / GOLD OFFENSE**
QB/WR/TE/DB=1 on 1's (Nodak IPF) RB/LB= 1 on 1's (Dacotah)
OL/DL=1 on 1's (FargoDome)

4:30 pm Group Break Down-Position Talk/ Checkout Talk

5:00 pm Checkout Dorms

CAMPERS MUST STAY IN THE DORM AREA DURING CAMP, NO EXCEPTIONS

Contact Phone Numbers

| | | |
|------------------------------|----------------|---------------------------------|
| Camp Directors: | Zach Peters | 701-318-5542 |
| | Nathan Bjoralt | 701-715-3602 |
| Assistant Coaches: | Joe Beschorner | 515-238-2775 |
| | Jared Taylor | (Shuttle to Airport) |
| | Trish Shannon | 701-715-3329 (Athletic Trainer) |
| Football Office Main Number: | Rachael Kaczor | 701-231-7816 |

ADDRESSES:

| | |
|----------------------------|---|
| FargoDome | 1800 N. University Dr. Fargo, ND 58102 |
| Nodak Insurance IPF | 1600 N. University Dr. Fargo, ND 58102 |
| N. & S. Weible & Reed Dorm | 1420 14th Street North- Fargo, ND 58102 |

Camp Rules and Reminders:

- Follow the itinerary, be where you're supposed to be, doing what you're supposed to be doing.
- Listen to all of the coaches; they have your best interest in mind.
- Leave valuables locked up in the room during camp. Bring limited personal items with you to practice each day.
- Campers need to stay on Campus and near your dorm at all times. We will have pizza sales during the day at lunch and deliveries at night to the dorms. NO ordering from other places!!!
- Pizza will be picked up at Weible Lounge at night. The coaches will only order a couple extra from the day/lunch orders. Order during the day at lunch in the cafeteria.
- LEAVE screens on the windows
- **MUST GO TO ALL MEALS-YES, INCLUDING BREAKFAST**
- NO LEAVING CAMPUS and NO outside guests allowed in dorm rooms!
- **Lost/Damaged key will cost \$75**
- Dorm doors lock at midnight
- Damages in the rooms
 - Expensive! You will be charged.
 - Do not move any furniture
- Windows and blinds
 - Close them during the day and open them at night to cool the room off
- Doors
 - Lock at all Times!
 - NDSU is not responsible for lost/stolen items.
- Trash Rooms
 - There are trash rooms on every floor with large trashcans, brooms, etc.
 - Large dumpsters located outside near your dorm
- No alcohol/tobacco/smoking
 - NDSU has a zero tolerance policy
- Keeping Cool
 - Close windows during the day & open them at night
 - Keep curtains/blinds closed during the day to keep the heat out

In the Dining Center:

1. Do not need to bring a plate up to the hot food line – servers will give them a plate.
2. Bring dishes to the dish return and clean your table.
3. Do not need to scrape all left over food into the trashcans – send it back to the dishroom.
4. No Cleats/Pads in the dining center – please wear a t-shirt.
5. When you finish eating, you need to go back to your dorm to ensure good flow in the dining center. No Bags or Backpacks.

Check out procedure

- a. Sweep the floor, no dirt or black pieces of turf on ground.
- b. Windows and blinds closed
- c. Bring trash out to the dumpsters (or put it into a trash bag and one kid take it to the dumpster.)
- d. Pillows/blanket placed on bed. Linens on the floor in center of room.
- e. All furniture back in its place.
- f. Checkout with the coach on your floor. Give him your keys in the packet you received them in. LOST KEYS ARE \$75.