

# 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

## Thursday, June 21<sup>st</sup>

6:00-9:00 pm      Registration (Ht/Wt/Reach/T Shirt/Dorm)      (FargoDome East Lobby)  
Registration/Dorm Check-In      NDSU Dormitory (Seim, Weible, Reed)

## Friday, June 22<sup>nd</sup>

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

7:00-9:00 am      Registration (Ht/Wt/Reach/T Shirt/Dorm)      (FargoDome Lobby)  
Dorm Check-In      NDSU Dormitory (Seim, Weible, Reed)

9:00-9:30 am      Visiting College Coach Staff Meeting-Roehl/Morgan      (NDSU Team Room)  
*RESIDENT Camper Meetings - H/Otten/Goodman*      (Reed/Weible/Seim)  
*Seim (BB Court)-Hank --- Weible/Reed (VB Court)- Otten/Goodman*  
Commuter Camper Meeting - Entz      (East Stands of Fargodome)

9:45-10:00 am      Transition to Fields for Athletic Movement - **CLEATS ONLY (No Pads)**  
Seniors-Fargodome / 11-9 Grade-Dacotah

10:05 - 10:20 am      Warm Up at Designated Field - Led by NDSU S&C Staff

10:20-11:50 am      Athletic Movements

12:00-2:15 pm      LUNCH at RDC - Split up by field (Dacotah First, Dome Second)  
(\*1:30 Dome- Kickers, Punters, Long Snappers w/Ben LeCompte-Klinger)

2:15-2:30 pm      All Transition to Grass Fields for Attendance @ 2:10 (Helmets/Shoulder Pads)

2:30-2:45 pm      Attendance Lines

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

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

3:55 - 4:05 pm      Transition

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

5:05-7:15 pm      Dinner      (Residence Dining Center)

7:15-7:30 pm      Transition to Fields for Razzle Dazzle - **CLEATS ONLY (No Pads)**

7:30-7:40 pm      Meet at Designated Field for Razzle 12-GC Grass/11-Dome/10-9 Dacotah  
Grass: Morgan - Dome: Ray - Dacotah: Klinger

7:40-9:00 pm

RAZZLE DAZZLE (12-GC Grass/11-Dome/10-9 Dacotah)



9:00 pm

Pizza Pick-Up/Powerade (Weible Lounge) - Camp Store (Weible Lounge)

Visiting College Coach Payroll Meeting-Trickle

(NDSU Team Room)

10:45 pm

Lights Out

## NDSU BISON FOOTBALL INDY CAMP DAY #2

### Saturday, June 23<sup>rd</sup>

6:00 am

NDSU Coaches Meeting – Coaches Only

(Staff Room)

6:30-8:00 am

Breakfast- RESIDENT CAMPERS ONLY

(Residence Dining Center)

8:10-8:20 am

All Transition to Grass Fields for Attendance @ 8:20 (Helmets/Shoulder Pads)

8:20-8:40 am

Attendance Lines

8:40-9:00 am

Dismiss and Warm Up Stretch at Designated Practice Location

9:00-10:00 am

Practice #3- GREEN OFFENSE / GOLD DEFENSE

(Grass/Dacotah/Dome)

Grass: Green-TE-FB/WR/QB Gold-DB

Dacotah: Green-RB Gold-LB

Dome: Green-OL Gold-DL

10:00-10:10 am

Transition

10:10-11:00 am

GREEN OFFENSE / GOLD DEFENSE

QB/WR/TE/DB=1 on 1's (Grass Fields)

RB/LB= 1 on 1's (Dacotah)

OL/DL=1 on 1's (Dome)

(Dismissal: 10:40 9-11 Grade, 11:05 Seniors – 1 Day Campers to Dome @11:00)

10:45-1:30 pm

Lunch

(Residence Dining Center)

(\*\*11:15-12:00 GC Field- Kickers, Punters, Long Snappers w/Klinger)

2:00-2:15 pm

Transition to Fields for Practice (Helmets and Shoulder Pads)

2:15-2:30 pm

Dismiss and Warm Up Stretch at Designated Practice Location

2:30-3:30 pm

Practice #4- GREEN DEFENSE / GOLD OFFENSE

(Grass/Dacotah/Dome)

Grass: Gold-TE-FB/WR/QB Green-DB

Dacotah: Gold-RB Green-LB

Dome: Gold-OL Green-DL

3:30-3:40 pm

Transition

3:40-4:30 pm

GREEN DEFENSE / GOLD OFFENSE

QB/WR/TE/DB=1 on 1's (Grass Fields)

RB/LB= 1 on 1's (Dacotah)

OL/DL=1 on 1's (Dome)

(Dismissal: 4:30 9-11 Grade, 5:00 12<sup>th</sup> -Each Coach Handle Pos. Group)

5:00-5:15 pm

1 Day Campers w/ Coach Jacobs-Roehl, NCAA Presentation (Dome – S. Stands)

4:30-7:00 pm

Dinner

(Chic Fil A)

(Commuters eat S. Side Dome, RESIDENT as going to dorm – SEIM at 6:00 at dorm)

7:15 pm

Transition to Fields for Razzle Dazzle CLEATS ONLY (No Pads)

7:30-8:30 pm

RAZZLE DAZZLE (12-Grass/11-Dome/10-9 Dacotah)

Grass: Morgan - Dome: Ray - Dacotah: Klinger



8:45 pm

Pizza Pick-Up/Powerade (Weible Lounge) - Camp Store (Weible Lounge)

10:45 pm

Lights Out

# NDSU BISON FOOTBALL INDY CAMP DAY #3

## Sunday, June 24<sup>th</sup>

6:00 am	NDSU Coaches Meeting-Coaches Only	(Staff Room)
6:30-8:00 am	Breakfast- <u>RESIDENT CAMPERS ONLY</u>	(Residence Dining Center)
7:30-8:00 am	Optional Chapel	(GC Bank Field)

**8:10-8:20 am All Transition to Grass Fields for Attendance @ 8:20 (Helmets/Shoulder Pads)**

8:20-8:40 am Attendance Lines

8:40-9:00 am Dismiss and Warm Up Stretch at Designated Practice Location

9:00-9:35 am Practice #5- GREEN OFFENSE / GOLD DEFENSE (Grass/Dacotah/Dome)

Grass: Green-TE-FB/WR/QB Gold-DB  
 Dacotah: Green-RB Gold-LB  
 Dome: Green-OL Gold-DL

9:35-9:45 am Group Break Down-Position Talk/Award/Checkout Talk

**9:45-9:55 am Transition**

9:55-10:30 am Practice #6- GREEN DEFENSE / GOLD OFFENSE (Grass/Dacotah/Dome)

Grass: Gold-TE-FB/WR/QB Green-DB  
 Dacotah: Gold-RB Green-LB  
 Dome: Gold-OL Green-DL

10:30 am Check out talk- Position Talk/NCAA Talk/Award/Checkout

11:00 am Check Out Dorms

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

### Contact Phone Numbers

Camp Director:	Tyler Roehl	701-238-7188
Assistant Coaches:	Kody Morgan	701-318-5568
	Daniel Goodman	620-794-5173 (Shuttle to Airport)
	Trish Shannon	701-715-3329 (Athletic Trainer)
Football Office Main Number:	Margie Trickle	701-231-7816

### ADDRESSES:

FargoDome	1800 N. University Dr. Fargo, ND 58102
Weible & Reed/Johnson Dorm	1420 14th Street North- Fargo, ND 58102

### Camp Rules and Reminders:

- Follow the itinerary and be where you're supposed to be, doing what you're supposed to be.
- Listen to all of the coaches; they have your best interest in mind.



- 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 in the cafeteria with Coach Otten/Jacobs/Stick.
- 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
- WiFi Password - **3z55ttqp9a**
- 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.

**Check out procedure**

- a. FOLLOW PROCEDURES AND CHECK OFF LIST THAT IS ON THE BACK OF YOUR DOOR!
- b. On each floor, there are cleaning supplies in each mop room, and extra trash bags in every trash room.
- c. Floor swept – no dirt/black pieces of turf. You are responsible for the hallway areas around your room
- d. Windows and blinds closed
- e. Bring trash out to the dumpsters (or put it into a trash bag and one kid take it to the dumpster.)
- f. All furniture back in its place.
- g. Checkout with the coach on your floor. Give him your keys in the packet you received them in. LOST KEYS ARE \$75.

