

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 21st

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 22nd

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 - HJ/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 @ 2:30 (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 11th Grade, 5:10 12th -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 23rd

6:00 am

NDSU Coaches Meeting - Coaches Only (Staff Room)

6:30-8:00 am

Breakfast- RESIDENT CAMPERS ONLY (Residence Dining Center)

8:30-8:40 am

All Transition to Grass Fields 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 (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 12th -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 24th

6:00 am	NDSU Coaches Meeting-Coaches Only	(Staff Room)
6:30-8:00 am	Breakfast- RESIDENT CAMPERS ONLY	(Residence Dining Center)
7:45-8:15 am	Optional Chapel	(GC Bank Field)

8:30-8:40 am All Transition to Grass Fields 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

9:00-9:35 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)
	Margie Trickle	701-231-7816
Football Office Main Number:		

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.



- 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.

