

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 13th

5:00-9:00 pm Registration (Ht/Wt/Reach/T Shirt) (Nodak Insurance IPF)

Saturday, June 14th

7:15-7:50 am *RESIDENT* Camper Meetings (Reed / N & S Weible - Volleyball Courts)
Commuter Camper Meeting (South Stands of Fargodome)

8:05 am- 8:15 am Transition to OPF for Athletic Movement - CLEATS ONLY
 8:30 am Coach Polasek Intro - IPF

8:45am- 9:00 am Warm up led by NDSU S&C Staff in Attendance Lines (OPF)
 9:00am - 9:10 am Dismissal from Field (12th Grade: Inside/9th-11th Grade: Outside)
 9:10 am- 10:45am Athletic Movements (Testing)
 11am-12:15pm Position Movements (Cleats)
 Nodak Insurance IPF: **Green** OL/**GOLD**- DL
 Nodak Insurance OPF: **Green**-TE-FB/WR/QB-**GOLD**-DB
 Dacotah: **Green**-RB/**GOLD**- LB
FargoDome: 9th and 10th Grade ALL POSITIONS!! (Dismiss at 11:30 am for Lunch)

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

2:15-2:30 pm All Transition to OPF for Dismissal @ 2:30 (Helmets/Shoulder Pads)

2:30-2:45 pm Dismiss & Transition to Designated Practice Locations (IPF/OPF)

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)
 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 OPF for Razzle Dazzle - CLEATS ONLY

7:30-7:40 pm Meet at OPF for Razzle Dazzle

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

NDSU BISON FOOTBALL INDY CAMP DAY #2

Sunday, June 15th

7:30:-8:15 am Optional Chapel – FCA Jeff Curtis (Nodak Insurance IPF)

8:30-8:40 am All Transition to OPF 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)

10:45-12:45 pm Lunch (West Dining Center)

12:55pm-1:10 pm Transition to Fields for Practice (Helmets and Shoulder Pads)

1:15-2:15 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

2:20 pm Group Break Down-Position Talk/ Checkout Talk

2:30 pm Dismissal

CAMPERS MUST STAY ON CAMPUS DURING CAMP, NO EXCEPTIONS

Contact Phone Numbers

Camp Directors:	Devin Klieman	319-939-8606
	Pat Lilly	540-809-2761
	Derrick Luken	805-757-7313
	Gavin Heier	605-380-5944
Airport Shuttle:	Tony Moonen	612-791-1099
Athletic Trainer:	Trish Shannon	701-715-3329
Football Office Main Number:	Rachael Kaczor	701-231-7816

ADDRESSES:

FargoDome
Nodak Insurance IPF

1800 N. University Dr. Fargo, ND 58102
1600 N. University Dr. 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.
- MUST GO TO **ALL MEALS**
- NO LEAVING CAMPUS

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.