



WSU Football Camps

July 27, 2019



Schedules subject to change based on participants and time restraints.

- 11:00am **Mini Camp** *Check-in, CFC Heritage Hall (3rd floor)*
Assign & handout jerseys
Height, weight and vertical (CFC Weight Room)
- 12:00pm *Welcome and go over camp schedule (Team Room)*
- 12:05pm *Gatorade Hydration Presentation (Team Room)*
- 12:10pm *To Field*
- 12:20pm *Stretch*
- 12:40pm *40's, Short Shuttle*
- 1:15pm *L Drill, Hoops, Bags*
- 1:45pm *Individual Period*
- 2:15pm *1 on 1's*
- 3:00pm *End of Camp (trade in jersey for camp shirt)*