

## Game Day Itinerary

Game Day Captains: T.B.D



7:45 – 8:15 am Check in with Coach Shackelford @ Field House

8:25 – 3:30 School (*hydrate and eat a good lunch...no garbage*)

3:25 - Report to field house

3:35 - Roll Call in field house (*sit in your locker, anyone late will have bear crawls*)

- Prepare equipment for travel

3:45 - Walk to Cafeteria

3:50 - Pre Game Meal

4:30 - Walk Through (*all players should be on the game field*)

4:45 - Prepare yourself and equipment

5:20 - Load buses

5:30 - Depart for South Paulding

5:58 - Arrive

6:05 - Team Meeting

6:20 - Kickers, QB's, and Specialists out ONLY

6:30 - Team Out – (*pre practice routine*)

6:40 - Dynamic warm up

6:45 - Team stretch

6:50 - Team Breakdown

6:50 - Individual (12 minutes)

7:02 - Team (8 plays *alternating two groups*)

7:00 - FG/Punt

7:03 - Off Field (*to location TBD*)

7:20 - Take the field

- Quick dynos – team stretch

- Run 8 offensive plays vs defense (*alternating two groups*)

- Team up with Coach and Team Prayer

7:30 - KICK OFF!! Beat the SPARTANS!!!!

### Game Times:

**6<sup>th</sup> & 7<sup>th</sup> grades** will be combined, playing at 6:15-7:20

**8<sup>th</sup> & 9<sup>th</sup> grades** will play on opposite ends of the field at the same time 6:50-7:20

**Varisty-7:30**

(*All East teams will be in white, except 9<sup>th</sup> grade*)



# “WIN THE DAY!”