**Fort Lewis Football – Four Corners Team Camp 2023**

**Monday, July 17th 2023**

1:00 pm – Check in to Camp/Dorms – Student Union

* Payment/Waivers
* T-Shirt Distribution
* Dorm Key Distribution
* Punch Card Sales ($20 punch cards, Each player should have cash on hand)

3:00 pm – Camp Meeting in Stadium (Should be ready for practice)

3:30 pm – Go to practice areas & Warm-up - Team Practice Time

5:30 pm – Dinner in Student Union (pizza orders at this time)

7:00 pm – Scrimmage 1 (1st & 10 Thud)

7:45 pm – End

9:00 pm – Deliver pizza orders to Dorms

**Tuesday, July 18th 2023**

7:00 am – Breakfast

9:00 am – Team Practice Time

10:00 am – Scrimmages (Thud) Run/PAP Emphasis

12:00 pm – Lunch

2:00 pm – Fort Lewis Coaches Individual/Competition

3:30 pm – \*\*Opportunity for Team Bonding\*\* (Hike, Lake, Pool, etc.) – We have the pool reserved on campus for use upon request – Weight Room also available (MUST have coach present)

5:00 pm – Dinner

7:00 pm – Scrimmages (Thud/Live) – Coaches Discretion – 3rd Down Emphasis

9:00 pm – Pizza Deliveries in Dorm Lobby

**Wednesday, July 19th 2023**

7:00 am – Breakfast in Dorms

9:00 am – Team Practice/Warm-Up

9:30 am – Scrimmages (Redzone Emphasis) - KING OF THE HILL GOAL LINE COMPETITION at end of scrimmages

11:00 am – FLC Staff Final Message/Camp Awards

11:30 am – Check-Out (At Student Union)