

The Typical Daily Schedule

8:30-9:00	Team Breakfast
9:00-10:00	NCAA Academic Replacement Course or College Class
10:00-11:00	SAT/ACT Prep
11:00-12:00	Strength and Conditioning
12:00-1:00	Team Lunch
1:00-2:00	NCAA Academic Replacement Course or College Class
2:00-3:00	Offense, Defense, Special Team Meetings
3:00-5:00	Team Practice
6:00-7:00	Team Dinner
7:00-8:00	Independent Study
8:00-10:00	Programming and Recreation Period
10:00-11:00	In Rooms
11:00	Lights Out