



Board of Directors

Carl Francis, Jr.
Chairman, Board of Directors
Director of Communications,
NFL Players Association

Vernon Lee, Jr.
Vice-Chairman, Board of
Directors
Managing Partner,
Brightwood Management
Partners, LLC
Alexandria, VA

James Church
General Manager
Priority Dealership
Norfolk, Virginia

Jennifer Oliver
College and Career Coach
Hampton High School
Hampton, Virginia

Keith Powell
Football Coach
Hayfield High School
Alexandria, VA

FRIDAY, JULY 13, 2018 (Kids Day, 8-13 years old)

8:00 - 8:45 am	Check-In
8:45 - 9:00 am	Introduction and Welcome
9:00 - 9:20 am	Stretching and Calisthenics (Conducted by Pivot Physical Therapy)
9:20 - 9:25 am	Water Break
9:25 - 9:55 am	Offensive Skills
9:55 - 10:00 am	Water Break
10:00 - 10:30 am	Defensive Skills
10:30 - 10:50 am	“Best of the Best” Fun Skills Competition
10:50 - 11:20 am	Lunch (Catered by Outback Steakhouse Hampton)
11:20 - 12:10 pm	Post-camp chat with NFL Players (Gaines Theatre, CNU Freeman Center)
12:10 - 12:30 pm	Camp Certificate and Gift Bags

SATURDAY, JULY 14, 2018 (High School Day)

8:00 - 8:45 am	Check-In
8:45 - 8:55 am	Camp Overview and Introductions
8:55 - 9:10 am	NCAA Eligibility Playing Requirements Presentation
9:10 - 9:25 am	Weight-lifting and Dietary Supplement Precautions
9:25 - 9:55 am	Stretching and Calisthenics (Conducted by Pivot Physical Therapy)
9:55 - 10:00 am	Water Break
10:00 - 10:30 am	Offensive Skills and Drills
10:30 - 10:35 am	Water Break
10:35 - 11:05 am	Defensive Skills and Drills
11:05 - 11:35 am	One on One Drills
11:35 - 12:15 pm	7 on 7s
12:15 - 12:45 pm	Lunch (Catered by Outback Steakhouse Hampton)
12:55 - 1:30 pm	Post-camp chat with NFL Players (Gaines Theatre, CNU Freeman Center)
1:30 - 1:45 pm	Gift Bags