

# POF Camp Schedule

Saturday June 4, 2016, 10:00 am - 4:30 pm

Dick Torres Stadium  
10800 Ben Avon St  
Whittier, CA 90606  
(605 FWY at Slauson)

<b>8:30 am</b>	Player Check In	West Entrance of Main Field
<b>10:00 am</b>	Stretch & Warm - Up	Main Field
<b>10:20 am</b>	Run Mechanic Instruction	Main Field
<b>11:50 am</b>	Water break	Main Field
<b>11:55 am</b>	Practice #1	Skills - Main Field, OL/DL - Field 2
<b>1:15 pm</b>	Lunch	Stadium
<b>1:35 pm</b>	Compliance Session with players and parents	Stadium
<b>2:00 pm</b>	Coaches Q&A session with players and parents	Stadium
<b>2:45 pm</b>	Stretch & Warm - Up	Main Field
<b>3:00 pm</b>	Practice #2	Skills - Main Field, OL/DL - Field 2
<b>4:25 pm</b>	Final Remarks	Main Field
<b>4:30 pm</b>	Break Camp	Main Field