

2023 MINNEOTA " VIKING " FOOTBALL

WEEK ONE { FALL CAMP SCHEDULE }

DAY # 1 { AUGUST 14TH } Helmets Only

PRACTICE TYPE	MONDAY
WALK THROUGH / ST	12:30p.m. - 1:30p.m.
Meeting w/ Athletic Director	1:30p.m. - 2:30p.m.
PRACTICE # 1 - Offense	2:30p.m. - 4:30p.m.
PRACTICE # 2 - Defense	6:30p.m. - 8:30p.m.

DAY # 4 { AUGUST 17TH } Shells

PRACTICE TYPE	THURSDAY
Off Goaline / Screens / ST	3:00p.m. - 4:00p.m.
MEET / RECOVERY / IMPACT TEST	4:00p.m. - 5:00p.m.
PRACTICE # 1 Def	5:00p.m. - 6:30p.m.
Offense - Goaline / Screens	6:30p.m. - 7:00p.m.

DAY # 2 { AUGUST 15TH } Shells * Shoulder 1 Hour

PRACTICE TYPE	TUESDAY
WALK THROUGH DEF / ST	3:00p.m. - 4:00p.m.
MEET / RECOVERY / IMPACT TEST	4:00p.m. - 5:00p.m.
PRACTICE # 1 - Offense	5:00p.m. - 6:30p.m.
Defense	6:30p.m. - 7:00p.m.

DAY # 5 { AUGUST 18TH } Full Pads

PRACTICE TYPE	FRIDAY
WALK THROUGH / ST	12:30p.m. - 1:30p.m.
MEET / RECOVERY / IMPACT TEST	1:30p.m. - 2:30p.m.
PRACTICE # 2 - Offense	2:30p.m. - 4:30p.m.
PRACTICE # 1 - Defense	6:30p.m. - 8:30p.m.

DAY # 3 { AUGUST 16TH } Shells

PRACTICE TYPE	WEDNESDAY
DEFENSE BLITZ PERIOD / ST	12:30p.m. - 1:30p.m.
MEET / RECOVERY / IMPACT TEST	1:30p.m. - 2:30p.m.
PRACTICE # 1 - Offense	2:30p.m. - 4:30p.m.
OPEN HOUSE HIGH SCHOOL	5:00p.m. - 7:00p.m.
PRACTICE # 2 - Defense	6:30p.m. - 8:30p.m.

WEEK TWO { FALL CAMP SCHEDULE }

DAY # 6 { AUGUST 21ST } Full Pads

PRACTICE TYPE	MONDAY
WALK THROUGH / ST	12:30p.m. - 1:30p.m.
MEET / RECOVERY / IMPACT TEST	4:00p.m. - 5:00p.m.
PRACTICE # 1 - Offense	2:30p.m. - 4:30p.m.
PRACTICE # 2 - Defense	6:30p.m. - 8:30p.m.

DAY # 9 { AUGUST 24TH } Full Pads

PRACTICE TYPE	THURSDAY
PRACTICE # 1	3:30p.m. - 6:30p.m.
Offense / Off. Individual	3:30p.m. - 5:00p.m.
Special Teams	5:00p.m. - 5:30p.m.
Defense	5:30p.m. - 6:30p.m.

DAY # 7 { AUGUST 22ND } Full Pads **School Starts**

PRACTICE TYPE	TUESDAY
PRACTICE # 1	3:30p.m. - 6:30p.m.
Offense / Off. Individual	3:30p.m. - 5:00p.m.
Special Teams	5:00p.m. - 5:30p.m.
Defense	5:30p.m. - 6:30p.m.

DAY # 10 { AUGUST 25TH } Shells

PRACTICE TYPE	FRIDAY
PRACTICE # 1	3:30p.m. - 6:00p.m.
Defense	3:30p.m. - 4:45p.m.
Offense / Off. Individual	4:45p.m. - 6:00p.m.

DAY # 8 { AUGUST 23RD } Full Pads

PRACTICE TYPE	WEDNESDAY
PRACTICE # 1	3:30p.m. - 6:30p.m.
Defense / Def. Individual	3:30p.m. - 5:00p.m.
Special Teams	5:00p.m. - 5:30p.m.
Offense	5:30p.m. - 6:30p.m.

DAY # 11 { AUGUST 27TH }

SCRIMMAGE	SATURDAY
TMB	9:00a.m.

TEAM / IND. PICTURES / Media

Friday August 18th

4:15 p.m.

Game or Practice Field

Varsity 5:00pm - Junior High 5:30 - Youth 6:00pm

WEEK THREE { FALL CAMP SCHEDULE }

MONDAY(8-28) - WEDNESDAY(8-30)

3:30p.m. - 6:00p.m.

WEDNESDAY (8-16) - OPEN HOUSE 5-7PM