

Buzzards vs. Vipers

May 9th @ 6:00pm

LOCATION: Discovery Middle School
800 E. 40th Street
Vancouver, WA 98663

UNIFORMS: WHITE Jersey's, WHITE Pants

* BRING SOCKS – WHITE SOX*

* BRING LEG PADS*

YES LOCKER ROOMS

FIELD:

TURF

12:30 Meet @ IHOP (Gateway in Springfield)

1:00 Van Leaves IHOP

3:00 Arrive @ Discovery Middle School

-Tape (skilled guys 1st)

-Mental Prep

-Gear Up

4:30 Receivers/QB's Routes, NO PADS

5:05 Team Meeting *NAMING OF CAPTAIN*

5:15 Stretch & Form Run (w/out pads)

5:45 Pad Up

5:55 Take the Field

6:00 **“START GROWING YOUR PLAYOFF BEARDS”**