



CAMP SCHEDULE

GROUP 1 (October 17 & 18): OL /DL & RB/LB:

TIME	ATHLETES	
10:30 am to 11:00 am	Check-In	
11:00 am to 11:20 am	Warm-Up	
11:20 am to 12:20 pm	October 17: Combine Testing - 40-yard dash, shuttle and broad jump / October 18: Individuals	
12:20 pm to 1:20 pm	October 17: Individuals & Cool Down / October 18: 1-on-1's and Showcase & Cool Down	
1:20 pm to 2:00 pm	<p align="center">October 17 Nicholas Séguin & Sara-Anne Perron Owners, Bigode Martial Arts & Fitness</p>	<p align="center">October 18 Zachary Boissinot Owner, A Foot Above Fitness Cst. Darren Joseph Ottawa Police Services</p>
2:00 pm to 2:40 pm	CFL Meet & Greet for the athletes and parents (photos, memorabilia signing, etc.)	

GROUP 2 (October 17 & 18) – QB's, DB's & WR's:

TIME	ATHLETES	
11:50 pm to 12:20 pm	Check-In	
12:30pm to 1:10 pm	<p align="center">October 17 Nicholas Séguin & Sara-Anne Perron Owners, Bigode Martial Arts & Fitness</p>	<p align="center">October 18 Zachary Boissinot Owner, A Foot Above Fitness Cst. Darren Joseph Ottawa Police Services</p>
1:20 pm to 1:40 pm	Warm-Up	
1:40 pm to 2:40 pm	October 17: Combine Testing - 40-yard dash, shuttle and broad jump / October 18: Individuals	
2:40 pm to 3:40 pm	October 17: Individuals & Cool Down / October 18: 1-on-1's and Showcase & Cool Down	
3:40 pm to 4:00 pm	CFL Meeting & Greet for athletes and parents (photos, memorabilia signing, etc.)	