



Senior Bowl 2010

Practices and Football Sessions: Senior Bowl Camp is hosted at the BC Lions Facility in Surrey and the game will be played at SFU

Tue. March 9	Wed. March 10	Thur. March 11	Fri. March 12	Sat. March 13
10:00am Coaches Meeting	9:00am Offensive/Defensive Meetings 9:30-11:30am Morning Practice	9:00am Offensive/Defensive Meetings 9:30-11:30am Morning Practice	9:00am Offensive/Defensive Meetings 9:30-11:30am Morning Practice	Game Day Simon Fraser University Free Admission 12:00noon Team Picture 1:00pm East vs. West Awards Ceremony
12:00-1:00pm Players Check in	Lunch			
1:00- 1:20pm Camp Introductions	12:45pm Offensive/Defensive Meetings	12:45pm Offensive/Defensive Meetings	12:45pm East/West Meetings	
1:30-3:15pm Afternoon Practice	1:15-3:15pm Afternoon Practice	1:15-3:15pm Afternoon Practice “Practice with the Pros” BC Lions will join practice	1:15-3:00pm Afternoon Practice East and West Split	
3:30 – 5:00pm Head Shot Photos for Program Football Training Workshop	3:30 – 4:30pm All Players to attend substance and drug information session	3:30-4:30pm “Football for Life”	3:15-3:45pm East / West Meetings Game Jerseys Distributed	

Substance and Drug Information Session – Understanding that in all post-secondary football competition there is random drug and substance testing

BC Lions Day – Practice with the Pros

Thursday afternoon some of the BC Lions players will be out at practice sharing some tricks of the trade.

East vs. West - East (Valley and Interior) vs. West (Vancouver Island and the Lower Mainland)

Regional pride will be on the line as all of the province’s best are divided according to where they play.

“Football for Life” – a presentation to encourage all players to pursue their football dreams