

JMU/FOOTBALL CAMP GUIDE 2022

MP Trip Contacts :

Coach Gueriera - Cell - 610-547-0776

Coach Carroll - Cell - 610-724-1568

Bill Mills, Head Athletic Trainer - Cell - 610-812-8248

JMU Numbers:

JMU Emergency Line - 540-568-6911

JMU Public Safety - 540-568-6912

Schedule subject to change:

Monday July 18th		
8:00 AM	Departure from Malvern Prep	Travel Suit
12 PM to 1 PM	Arrival and Check-In at JMU	Pack your lunch
3 PM to 5 PM	Practice	Helmet, Shoulder Pads, Cleats and Practice Jersey
5:30 PM	Dinner	Dining Hall
11:00 PM	Lights Out	
Tuesday July 19th		
8:00 AM	Breakfast	Dining Hall
9:30 to 12 PM	Practice	Helmet, Shoulder Pads, Cleats and Practice Jersey
12:30 PM	Lunch	Dining Hall
4:00 PM	Film	Student Center
5:30	Dinner	Dining Hall
11:00 PM	Lights Out	
Wednesday July 20th		
8:00 AM	Breakfast	Dining Hall
9:30 to 12 PM	Practice	Helmet, Shoulder Pads, Cleats and Practice Jersey
12:30 PM	Lunch	Dining Hall

4:00 PM	Film	Student Center
5:30	Dinner	Dining Hall
11:00 PM	Lights Out	
Thursday July 21st		
8:00 AM	Breakfast	Dining Hall
9:30 to 12 PM	Practice	Helmet, Shoulder Pads, Cleats and Practice Jersey
12:30 PM	Lunch	Dining Hall
2:00 PM	Departure from JMU	Back to Malvern Prep by 6 PM

WHAT TO BRING:

- Sheets and Pillows. Beds in Logan Hall are Twin XL
- Toiletry Items
- Refillable water jug/bottle
- Iphone with Plug In Charger
- Plenty of socks, shorts and underwear.
- Sneakers, Cleats, Flip Flops
- Gold Bond medicated cream or powder
- Bath towels and bath rags
- Body wash and shampoo
- Bring helmet, shoulder pads, practice jersey, mouthpiece
- Bring dirty laundry bag (trash bag)
- Photo ID of some sort
- Extra spending cash for the week.
- Allergy Medicine, Epipens, Prescription Medicine
- Glasses/Contacts
- Headphones
- Vitamins, Sunscreen
- Bathing Suit, Beach Towel
- Summer Reading Book
- Playbooks, copybook for notes, pens