

Camper List and Itinerary – WOU – 2025

Football Equipment

- Shoulder Pads (HHS PROVIDED)
- Helmet (HHS PROVIDED)
- Practice Pants (HHS PROVIDED)
- Practice jersey (HHS PROVIDED)
- Girdle (HHS PROVIDED)
- Knee Pads (HHS PROVIDED)
- Mouthpiece (HHS PROVIDED)
- Football Cleats (multiple if you have them)
- Athletic Supporter
- Football Gloves

Personal Items

- Alarm Clock
- Pillow & Pillow case
- Sleeping Bag
- Shorts
- Socks/Underwear - Lots of Pairs (8-10)
- Spending Money
- Washcloth
- Towel
- Soap
- Shampoo
- Tooth brush
- Tooth Paste
- Sun Screen

- Cell Phone Charger
- Deodorant
- T-Shirts – Lots of Shirts (10-12) *HHS GEAR*
- Underwear
- Pants or Sweats
- Sweat Shirt
- Shoes
- Snacks and Drinks (We will go to a store so limit what you pack)
- Flip Flops
- Allergy Pills
- Talcum or Gold Bond Powder

Teams and Meal Groups

RED: Pendleton, Peninsula, Vale

BLUE: Prairie, Heritage, Mountain Home

GREEN: Skyview, Ridgefield, Rouge River

ORANGE: Sehome, McDaniel, Barlow, The Dalles

YELLOW: Battle Ground, Mountain View

PURPLE: North Salem (Lunch Only)

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FRIDAY – JUNE 20th

11:45 AM - 2:45 PM: TEAM CHECK - IN

Barnum Hall Lawn / J Loop Parking Lot / J Parking Lot for Personal Vehicles

REGISTRATION FOLDER/BINDER CHECKLIST:

- *All Completed Registration Forms (Physicals attached or letter from admin)
- *1 Camp Payment/PO for all campers attending

REGISTRATION PROCEDURE:

- *HS Coaches organize their own players into roommates
 - Will be 2-person or 3-person room and will get that info prior to arrival
- *Will receive lanyard/dorm key/meal bracelet upon arrival
- *Set up time with equipment staff/team counselor to go get T-Shirts

3:15 PM: ALL-CAMP MEETING

McArthur Stadium

3:35 PM: ALL-COACHES MEETING

Health and Wellness Center (HWC) Room 105

4:45 PM - 6:25 PM: DINNER

Valsetz Dining Hall

TEAM MEAL TIMES:

- *BLUE GROUP – 4:45 PM
- *ORANGE GROUP – 5:10 PM
- *RED GROUP – 5:35 PM
- *GREEN GROUP – 6:00 PM

7:15 PM: 7 ON 7 (POOL PLAY)

All Fields

10:00 PM: IN ASSIGNED ROOMS / LIGHTS OUT

- *Meeting Rooms available throughout day upon request
- *Field space available upon request during down times. Please contact your counselor

SATURDAY – JUNE 21st

6:00 AM - 7:30 AM: BREAKFAST (*Valsetz*)

TEAM MEAL TIMES:

- *RED GROUP – 6:00 AM
- *ORANGE GROUP – 6:40 AM
- *GREEN GROUP – 6:20 AM
- *BLUE GROUP – 7:00 AM

8:15 AM - 11:00 AM: PRACTICE 1 (*All Fields*)

BREAKDOWN:

- *VARSITY INDIVIDUAL (WOU COACHES) – 8:15 AM to 9:25 AM (Stadium/Practice Fields)
- *JV/FROSH PRACTICE OR MEETING TIME (HS COACHES) – 8:15 AM to 9:25 AM (West Fields)
- *VARSITY PRACTICE OR MEETING TIME (HS COACHES) – 9:30 AM to 10:30 AM (West Fields)
- *JV/FROSH INDIVIDUAL (WOU COACHES) – 9:30 AM to 10:30 AM (Stadium/Practice Field)
- *TEAM COMPETITION – 10:35 AM to 10:55 (Stadium Field)

11:05 AM: COACHES MEETING (HWC 105)

11:15 AM - 1:40 PM: LUNCH (*Valsetz*)

TEAM MEAL TIMES:

- *GREEN GROUP – 11:15 AM
- *BLUE GROUP – 12:25 PM
- *RED GROUP – 11:40 AM
- *ORANGE GROUP – 12:50 PM
- *PURPLE GROUP – 12:05 PM
- *YELLOW GROUP – 1:15 PM

2:15 PM - 4:30 PM: PRACTICE 2 (*All Fields*)

4:40 PM: COACHES MEETING (HWC 105)

4:45 PM - 6:50 PM: DINNER (*Valsetz*)

TEAM MEAL TIMES:

- *RED GROUP – 4:45 PM
- *ORANGE GROUP – 6:00 PM
- *GREEN GROUP – 5:10 PM
- *BLUE GROUP – 6:25 PM
- *YELLOW GROUP – 5:35 PM

7:15 PM: 7 ON 7 (*All Fields*)

10:00 PM: IN ASSIGNED ROOMS / LIGHTS OUT

- *Meeting Rooms available throughout day upon request
- *Field space available upon request during down times. Please contact your counselor

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SUNDAY – JUNE 22nd

6:00 AM - 7:45 AM:

BREAKFAST (*Valsetz*)

TEAM MEAL TIMES:

*YELLOW GROUP – 6:00 AM
*RED GROUP – 7:00 AM

*ORANGE GROUP – 6:20 AM
*GREEN GROUP – 7:20 AM

*BLUE GROUP – 6:40 AM

8:15 AM – 11:00 AM:

PRACTICE 3 (*All Fields*)

BREAKDOWN:

*VARSITY INDIVIDUAL (WOU COACHES) – 8:15 AM to 9:25 AM (Stadium/Practice Fields)
*JV/FROSH TEAM OR MEETING TIME (HS COACHES) – 8:15 AM to 9:25 AM (West Fields)
*VARSITY TEAM OR MEETING TIME (HS COACHES) – 9:30 AM to 10:30 AM (West Fields)
*JV/FROSH INDIVIDUAL (WOU COACHES) – 9:30 AM to 10:30 AM (Stadium/Practice Field)
*TEAM COMPETITION – 10:35 AM to 10:55 (Stadium Field)

11:05 AM:

COACHES MEETING (HWC 105)

11:15 AM - 1:40 PM:

LUNCH (*Valsetz*)

TEAM MEAL TIMES:

*PURPLE GROUP – 11:15 AM
*ORANGE GROUP – 12:25 PM

*BLUE GROUP – 11:35 AM
*GREEN GROUP – 12:50 PM

*YELLOW GROUP – 12:00 PM
*RED GROUP – 1:15 PM

2:15 PM - 4:30 PM:

PRACTICE 4 (Team Crossover) (*All Fields*)

4:40 PM:

COACHES MEETING (HWC 105)

4:45 PM - 6:50 PM:

DINNER (*Valsetz*)

TEAM MEAL TIMES:

*GREEN GROUP – 4:45 PM
*BLUE GROUP – 6:00 PM

*YELLOW GROUP – 5:10 PM
*ORANGE GROUP – 6:25 PM

*RED GROUP – 5:35 PM

7:15 PM:

7 ON 7 (*All Fields*)

10:00 PM:

IN ASSIGNED ROOMS / LIGHTS OUT

*Meeting Rooms available throughout day upon request

*Field space available upon request during down times. Please contact your counselor

MONDAY – JUNE 23rd

6:00 AM - 7:45 AM:

BREAKFAST (*Valsetz*)

TEAM MEAL TIMES:

*BLUE GROUP – 6:00 AM
*GREEN GROUP – 7:00 AM

*ORANGE GROUP – 6:20 AM
*YELLOW GROUP – 7:20 AM

*RED GROUP – 6:40 AM

8:15 AM - 10:30 AM:

PRACTICE 5 (Scrimmages) (*All Fields*)

10:40 AM:

FINAL CAMP MEETING (Stadium)

11:00 AM - 11:45 AM:

TEAM CHECK - OUT (Barnum Hall Lawn)

CHECK-OUT PROCEDURE:

- *Double check that all belongings have been removed from room
 - Please make sure room is how it was when you checked in
- *Remind athletes to empty garbage to dumpsters
 - Trash bags will be provided the night before by team counselor
- *Make sure all athletes/coaches turn in key before leaving campus
 - ADDITIONAL CHARGES WILL BE BILLED TO YOUR SCHOOL FOR LOST KEYS

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CAMPER BEHAVIOR EXPECTATIONS

- We are guests to the university.
- Treat all accommodations with care and pride.
- Clear all your dishes from you table at all meals.
- Maintain your dorm room at all times.
 - Empty trash Daily
 - Keep track of your belongings
- Bathroom facilities are community use, NO NOT LEAVE ANYTHING
- BEHIND WHEN YOU LEAVE, NO ONE SHOULD KNOW YOU WERE
- THERE!
- Treat all camp personnel with respect.
- Please and thank you to all coaches, cafeteria staff, university staff.
- Treat all Teammates with respect.
- No hazing or other like behaviors
- Compete:
 - Be first to all drills.
 - Give your best effort for every rep
 - Be coachable, accept all critics as easily as you accept praise.
 - Display poise and self-control in all competitive situations.
- Let your play do the talking.
- Trash talk will not be tolerated to teammates or opponents.
- There will be no “But they said……” or “But They did……”.
- You control your own actions and responses to adversity!!
- Not meeting any of the above expectations will result in team
- disciplinary action or possibly being sent home from camp.

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