

SBU FOOTBALL



2012

TEAM TRAVEL

WEEKEND ITINERARY- AWAY GAMES

@ Lindenwood, September 8, 6:00 pm

Trip Summary

- We will depart Bolivar via two charter busses Saturday afternoon
- After the game, we will eat and return immediately home.

Saturday, September 8:

11:15 a.m. Team Meet / Chapel
11:30 Depart for Lindenwood
1:00 p.m. Pre-Game Meal-
2:00 Depart for Lindenwood
4:00 Arrive at Stadium
Training Room / Tape
4:55 Specialty
5:10 Skill Stretch
5:18 OL/DL/LB Stretch
5:30 Team Calisthenics
5:34 Perfect Plays
5:39 Leave Field
5:55 Return to field
6:00 KAWC
10:00 Depart for Bolivar

Sunday, September 9:

9:00 p.m. Check in with Athletic Trainer / Treatments

Hotel info:

None

WEEKEND ITINERARY- AWAY GAMES

@ Missouri Southern State University, September 22, 6:00 pm

Trip Summary

- We will depart Bolivar via two charter busses Saturday afternoon
- After the game, we will eat and return immediately home.

Saturday, September 22:

1:40 p.m. Chapel
2:00 Pre-Game Meal (Café)
3:00 Depart for MSSU
4:30 Arrive at Stadium
4:30 Training Room / Tape
4:55 Specialty
5:10 Skill Stretch
5:18 OL/DL/LB Stretch
5:30 Team Calisthenics
5:34 Perfect Plays
5:39 Leave Field
5:55 Return to field
6:00 KAWC
10:00 Depart for Bolivar

Sunday, September 23:

9:00 p.m. Check in with Athletic Trainer / Treatments

<p><u>Hotel info:</u></p>

<p>None</p>

WEEKEND ITINERARY- AWAY GAMES

@ Washburn, September 29, 1:00 pm

Trip Summary

- We will depart Bolivar via two charter busses Friday Afternoon (Lunch on own).
- After the game, we will eat and we will return immediately home.

Friday, September 28:

11:30 a.m. Lunch on own
12:00 p.m. Depart for Hotel
3:00 Walkthrough
4:00 Depart for Hotel
5:00 Arrive at Hotel
6:30 Team Dinner
9:00 Team Meeting
10:45 Light Out

Saturday, September 29:

9:00 a.m. Wake-up
Pre Game – rolling (Hotel)
10:30 Depart for Stadium
10:45 Arrive at Stadium
11:15 Training Room / Tape
11:30 Position meeting
11:45 Specialty
11:52 Skill Stretch
12:00 p.m. OL/DL/LB Stretch
12:30 Team Calisthenics
12:34 Perfect Plays
12:39 Leave Field
12:55 Return to field
1:00 KAWC
5:00 Depart for Bolivar

Sunday, September 30:

9:00 p.m. Check in with Athletic Trainer / Treatments

Hotel info:

Capitol Plaza Hotel – Topeka
1717 Southwest Topeka
Boulevard Topeka, KS 66612
Phone: (785) 431-7200
Fax: (785) 235-0194

WEEKEND ITINERARY- AWAY GAMES

@ Nebraska-Kearney, October 20, 1:00 pm

Trip Summary

- We will depart Bolivar via two charter busses Friday Morning (Breakfast on own).
- After the game, we will eat and we will return immediately home.

Friday, October 19:

9:30 a.m. Depart for Hotel
11:30 a.m. Lunch
3:30 p.m. Walkthrough
4:30 Depart for Hotel
7:00 Arrive at Hotel
7:15 Team Dinner
8:30 Team Meeting
10:45 Light Out

Saturday, October 20:

9:00 a.m. Wake-up
Pre Game – rolling (Hotel)
10:30 Depart for Stadium
10:45 Arrive at Stadium
11:15 Training Room / Tape
11:30 Position meeting
11:45 Specialty
11:52 Skill Stretch
12:00 p.m. OL/DL/LB Stretch
12:30 Team Calisthenics
12:34 Perfect Plays
12:39 Leave Field
12:55 Return to field
1:00 KAWC
5:00 Depart for Bolivar

Sunday, October 21:

9:00 p.m. Check in with Athletic Trainer / Treatments

Hotel info:

Best Western Plus
224 2nd Avenue S
Kearney, Nebraska, 68847
Phone: (308) 234-2541
Fax: (308) 237-4512

WEEKEND ITINERARY- AWAY GAMES

@ Central Oklahoma University, November 3, 1:00 pm

Trip Summary

- We will depart Bolivar via two charter busses Friday Afternoon (Lunch on own).
- After the game, we will eat and return immediately home.

Friday, November 2:

11:30 a.m. Lunch on own
12:00 p.m. Depart for Tulsa –
3:00 Arrive at TU - Walkthrough
4:00 Load bus Depart for Dinner
6:30 Team Dinner at Zio's
8:00 Depart for Hotel
8:30 Arrive at Hotel
9:00 Team Meeting
10:45 Light Out

Saturday, November 3:

8:00 a.m. Wake-up
8:45 Load Bus Depart for Breakfast
9:00 Pre-Game
10:00 Depart for Stadium
10:30 Training Room / Tape
11:05 Position meeting
11:50 Specialty
12:05 p.m. Skill Stretch
12:15 OL/DL/LB Stretch
12:23 Team Calisthenics
12:33 Perfect Plays
12:39 Leave Field
12:52 Return to field
1:00 KAWC
6:00 Depart for Bolivar
11:00 Arrive in Bolivar

Sunday, November 4:

9:00 p.m. Check in with Athletic Trainer / Treatment

Hotel info:

Magnuson Hotel
737 S. Meridian Ave
Oklahoma City, OK 73108-1601
405-942-8511