

## Thud Padded Camp

Requirements:

- 6 days maximum; must begin at day 1 and proceed sequentially
- An individual athlete or team that misses three (3) or more consecutive days of acclimatization, for any reason – must begin the heat acclimatization process again
- Must have at least 1 day of complete rest after 6 consecutive days of activity.

Day	Player Equipment	Contact	Session Length	Walk Through	Required continuous rest between practice sessions and/or walk through
1	Helmets only (no live contact)	Only bags and dummies are allowed	1 session 3 hours maximum	1 walk through 1 hour maximum	3 hours minimum
2	Helmets only (no live contact)	Only bags and dummies are allowed	1 session 3 hours maximum	1 walk through 1 hour maximum	3 hours minimum
3	Helmets and shoulder pads (no live contact)	Only blocking sleds and tackling dummies are allowed	1 session 3 hours maximum	1 walk through 1 hour maximum	3 hours minimum
4	Helmets and shoulder pads	*Thud Tempo	2 sessions 1 session <b>helmets only</b> 5 hours total No single session over 3 hours	Any walk through is included in the session(s) and counts towards the session maximum time.	3 hours minimum
5	Helmets and shoulder pads	*Thud Tempo	1 session 3 hours maximum	1 walk through 1 hour maximum	3 hours minimum
6	Helmets and shoulder pads	*Thud Tempo	2 sessions 1 session <b>helmets only</b> 5 hours total No single session over 3 hours	Any walk through is included in the session(s) and counts towards the session maximum time.	3 hours minimum

*Note: Day 5 must be a single session practice. Teams participating in the FULL PADDED camp may participate with teams utilizing the THUD PADDED camp, but all activities MUST BE THUD.*

*\*Thud tempo drills involve players engaging in competitive contact above the waist, but without players being taken to the ground. Absolutely no tackling to the ground.*