

NORTHWESTERN FOOTBALL

CHICAGO'S BIG TEN TEAM

Monday, September 30, 2013

6:00-7:00 am	Athletic Training Room Open Snack (N-Club)
7:00 am	Meetings and Walk-Thru Injured Players (including rookies) and Specialists Lift
7:30 am	Rookies Pre-Hab/Run
8:15 am	Rookies Lift
9:00 am	Special Teams Meetings
9:20 am	TEAM Meeting
9:30-10:20 am	VARSITY Lift
10:00-11:30 am	Brunch
10:50 am	Leadership Council Meeting (Optional)
4:00 pm	Staff Meeting

2013 Ohio State Week Schedule

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NU 001463

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NORTHWESTERN FOOTBALL

CHICAGO'S BIG TEN TEAM

Tuesday, October 1, 2013

5:45 am	Athletic Training Room Open
6:15 am	Snack (N-Club)
6:50 am	Special Teams Meetings
7:10 am	TEAM Meeting
7:15 am	Position Meetings
8:30 am	Practice
11:00-12:30 pm	Lunch (N-Club)
1:00 pm	Staff Meeting

2013 Ohio State Game Week Schedule

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NORTHWESTERN FOOTBALL

CHICAGO'S BIG TEN TEAM

Wednesday, October 2, 2013

5:45 am	Athletic Training Room Open
6:15 am	Snack (N-Club)
6:50 am	Special Teams Meetings
7:10 am	Position Meetings
8:50 am	Practice
11:00-12:30 pm	Lunch (N-Club)
1:00 pm	Staff Meeting
5:00 pm	Captains Meeting (Coach Fitz's Office)

2013 Ohio State Week Schedule

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NORTHWESTERN FOOTBALL

CHICAGO'S BIG TEN TEAM

Thursday, October 3, 2013

5:45 am	Athletic Training Room Open
6:15 am	Snack (N-Club)
7:00 am	Special Teams Meetings
7:20 am	Position Meetings
8:50 am	Practice
10:30-12:00pm	Lunch (N-Club)
1:00 pm	Staff Meeting

2013 Ohio State Game Week Schedule

NORTHWESTERN FOOTBALL

CHICAGO'S BIG TEN TEAM

Friday, October 4, 2013

7:00-9:00 am	Rookies Run & Lift
8:00-9:00 am	"D" Squad Lift
10:00-11:30 am	Breakfast (N-Club)
12:00 pm	NGN Luncheon (Hotel Orrington) * REDACTED
3:00 pm	Staff Meeting – Friday Checklist
3:30-4:55 pm	Offense & Defense Meet
5:00 pm	Friday Script (Ryan Field)
5:40 pm	TEAM Departs Ryan Field for Renaissance North Hotel <i>*Players dressed in travel sweats</i>
TBD	Homecoming Parade <i>*Non-travelers MUST attend</i> <i>*Details will be communicated later in this week</i>
6:10 pm	TEAM Dinner (Winnetka B/C)
7:00 pm	Chapel (Kain Colter - Winnetka A)
7:30 pm	TEAM Movie (Winnetka A)
Post Movie	Leadership Council Meeting
9:00 pm	TEAM Snack
10:30 pm	Lights Out for Travel Party

2013 Ohio State Week Schedule

Ohio State Game Itinerary

Friday, October 4, 2013

7:00-9:00 am	Rookies Run & Lift
8:00-9:00 am	D Squad Lift
9:00-10:30 am	Breakfast (N-Club)
12:00 pm	NGN Luncheon
	REDACTED
3:00 pm	Staff Meeting- Friday Checklist
3:30-4:55 pm	Offense/Defense Meet
	<i>*Arrive Dressed in Friday Pin</i>
5:00 pm	Friday Script (Ryan Field)
5:25 pm	Homecoming Parade
	<i>*Mandatory for Non-Travelers</i>
	<i>*Meet at NE corner of Lincoln & Sheridan</i>
5:40 pm	TEAM Departs Nicolet for Renaissance North Hotel
6:10 pm	Dinner (Winnetka B/C)
7:00 pm	Chapel (Kain Colter-Winnetka A)
7:30 pm	TEAM Movie (Winnetka A)
9:00 pm	Snack (Winnetka B/C)
10:30 pm	Lights Out

Honorary Captain – Pat Ryan

- 1959 Graduate of NU
- Former Chairman of the Northwestern University Board of Trustees
- Founder and retired Chairman of AON
- Created Ryan Specialty Group
- Namesake of Ryan Field, Welsh-Ryan Arena and future Ryan Fieldhouse

Official Visitor – Auston Anderson

- 2014 RB Commit—Plano West HS (TX)
- Guest: Mother – Tjuana Tanner

Ohio State Game Itinerary

Saturday, October 5, 2013

9:30 am	Wake-Up Call
9:30-10:30 am	Team Breakfast (Winnetka B/C)
	<i>*Mandatory- Must be present by 10:10am</i>
	<i>*Dress: Travel Sweats</i>
10:30 am	Special Teams Walk Thru (Winnetka A)
	OL/DL Meet (Northfield A)
11:00 am	Position Meetings
12:30-1:30 pm	TEAM Lunch (Winnetka B/C)
1:30 pm	Mandatory Nap
2:55-3:55 pm	TEAM Pre-Game Meal (Winnetka B/C)
	<i>*Travel Party must be present by 3:35 pm</i>
	<i>*Dress: Coat & Tie</i>
3:55 pm	Offense Meet (Northfield A)
	Defense Meet (Auditorium)
4:05 pm	TEAM Meeting (Auditorium)
4:15 pm	Bus Departs Hotel for Ryan Field
4:30 pm	TEAM Arrives at Ryan Field
4:40 pm	Offense Stretch
4:50 pm	Defense Stretch
6:07 pm (65:00)	QB, KR & PR Dynamic Stretch
6:17 pm (55:00)	Centers, RB, WR, SB & DB Dynamic Stretch
6:27 pm (45:00)	OL, DL & LB Dynamic Stretch
6:37 pm (35:00)	TEAM Take Field
6:39 pm (33:00)	INDY
6:44 pm (28:00)	TEAM
6:49 pm (23:00)	PAT/Punt
7:05:30 pm (6:30)	TEAM Returns to Field
7:07:00 pm (5:00)	National Anthem
7:09:30 pm (2:30)	Coin Toss
7:12 pm (0:00)	BEAT OHIO STATE!

Ohio State Game Itinerary

Sunday, October 6, 2013

PLAYERS OFF

1:00 pm	Injury Check (Athletic Training Room)
	<i>*Mandatory for everyone who played in game</i>
1:00-2:30 pm	Optional Recovery
2:00 pm	Staff Meeting

Monday, October 7, 2013

6:00 am	Snack
7:00 am	Position Meetings
	Injured Players (including rookies) and Specialists Lift
7:30 am	Rookies Pre-Hab / Run
8:15 am	Rookies Lift
9:00 am	Special Teams Meeting
9:30 am	TEAM Meeting
9:50-10:40 am	Varsity Lift
10:00-11:30 am	Brunch
11:05 am	Leadership Council Meeting
4:00 pm	Staff Meeting

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N COUNTABLE ATHELTICALLY RELATED ACTIVITIES LOG

Compliance Office - Northwestern University Department of Athletics and Recreation

This form, to be completed by the designated coach and verified by two student-athletes, documents adherence to the four (4) hours per day and 20 hours per week practice limitations during your declared season(s). Plus, the eight (8) hours per week with the two (2) hours skill instruction limitations during your out-of-season segment(s).

FOOTBALL

Varsity - TRAVEL

Please log the time range of the hours for each day that the whole team engaged in countable athletically related activities and the number of hours will automatically add up.
You MUST enter Start and End times as HH:MM with an AM or PM (e.g., 6:00 PM)

Date	Team Practice			Strength & Conditioning			Competition			Film/Meeting						Daily Team Total
	Start Time	End Time	# of Hours	Start Time	End Time	# of Hours	Start Time	End Time	# of Hours	Start Time	End Time	# of Hours				
Sunday, September 29			0.00			0.00			0.00			0.00				0.00
Monday, September 30			0.00	9:30 AM	10:20 AM	0.83			0.00	7:00 AM	9:30 AM	2.50				3.33
Tuesday, October 1	8:15 AM	10:20 AM	2.08			0.00			0.00	6:50 AM	8:00 AM	1.17				3.25
Wednesday, October 2	8:30 AM	10:35 AM	2.08	10:55 AM	11:05 AM	0.17			0.00	6:50 AM	8:15 AM	1.42				3.67
Thursday, October 3	8:30 AM	10:25 AM	1.92			0.00			0.00	7:00 AM	8:15 AM	1.25				3.17
Friday, October 4			0.00			0.00			0.00	3:30 PM	5:30 PM	2.00				2.00
Saturday, October 5			0.00			0.00	7:00 PM	10:00 PM	3.00			0.00				3.00
Weekly Team Total																18.42

Varsity - NON TRAVEL

Please log the time range of the hours for each day that the whole team engaged in countable athletically related activities and the number of hours will automatically add up.
You MUST enter Start and End times as HH:MM with an AM or PM (e.g., 6:00 PM)

Date	Team Practice			Strength & Conditioning			Competition			Film/Meeting						Daily Team Total
	Start Time	End Time	# of Hours	Start Time	End Time	# of Hours	Start Time	End Time	# of Hours	Start Time	End Time	# of Hours				
Sunday, September 29			0.00			0.00			0.00			0.00				0.00
Monday, September 30			0.00	9:30 AM	10:20 AM	0.83			0.00	7:00 AM	9:30 AM	2.50				3.33
Tuesday, October 1	8:15 AM	10:20 AM	2.08			0.00			0.00	6:50 AM	8:00 AM	1.17				3.25
Wednesday, October 2	8:30 AM	10:35 AM	2.08	10:55 AM	11:05 AM	0.17			0.00	6:50 AM	8:15 AM	1.42				3.67
Thursday, October 3	8:30 AM	10:25 AM	1.92			0.00			0.00	7:00 AM	8:15 AM	1.25				3.17
Friday, October 4			0.00			0.00			0.00			0.00				0.00
Saturday, October 5			0.00			0.00	7:00 PM	10:00 PM	3.00			0.00			0.00	3.00
Weekly Team Total																16.42

Please log the time range of the hours for each day that each student-athlete engaged in individual skill instruction and the number of hours will automatically add up.
You MUST enter Start and End times as HH:MM with an AM or PM (e.g., 6:00 PM)

Please log the time range of the hours for each day and each student.																						
You MUST enter Start and End Times as HH:MM with an AM or PM (e.g., 6:00 PM)																						
	Date			Date			10/1/2013			10/2/2013			Date			Date			Date			Individual Skill Total
	Sunday			Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			
Student-Athletes	Start Time	End Time	# of Hours	Start Time	End Time	# of Hours	Start Time	End Time	# of Hours	Start Time	End Time	# of Hours	Start Time	End Time	# of Hours	Start Time	End Time	# of Hours	Start Time	End Time	# of Hours	
Quarterbacks			0.00			0.00	7:00 PM	7:30 PM	0.50	6:00 PM	6:30 PM	0.17			0.00			0.00			0.00	0.67
Running Backs			0.00			0.00	10:30 AM	10:50 AM	0.33	10:40 AM	10:50 AM	0.17			0.00			0.00			0.00	0.50
Wide Receivers			0.00			0.00	7:00 PM	7:30 PM	0.50	7:00 PM	7:30 PM	0.17			0.00			0.00			0.00	0.67
Offensive Line			0.00			0.00	10:25 AM	11:10 AM	0.75	10:40 AM	10:50 AM	0.17			0.00			0.00			0.00	0.92
Defensive Line			0.00			0.00	10:30 AM	11:15 AM	0.75	10:45 AM	10:55 AM	0.17			0.00			0.00			0.00	0.92
Defensive Backs			0.00			0.00	5:00 PM	5:45 PM	0.75	10:40 AM	10:50 AM	0.17			0.00			0.00			0.00	0.92
Linebackers			0.00			0.00	10:30 AM	11:15 AM	0.75			0.00			0.00			0.00			0.00	0.75
Superbacks			0.00			0.00	6:00 PM	6:40 PM	0.67	10:40 AM	10:50 AM	0.17			0.00			0.00			0.00	0.83

REDACTED

REDACTED

10/8/13

REDACTED

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10/8/13

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10/8/13

Pat Fitzgerald
Designated Coach's Signature

10/16/13

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