

EAST CAROLINA VS CINCINNATI
ITINERARY
OCTOBER 19, 1990 - OCTOBER 23, 1990

FRIDAY, OCTOBER 19, 1990

11:00 - 1:15	PM	LUNCH
2:45 - 3:15	PM	INDIVIDUAL POSITION MEETINGS
3:25	PM	FIRST HORN
3:25 - 4:25	PM	TEAM WORKOUT - PRACTICE FIELDS - DRESS: SHELLS. NOTE: TRAVEL SQUAD PICK-UP TRAVEL SWEAT SUITS AS YOU LEAVE FOR DINNER.
5:45	PM	DINNER - SQUAD THAT IS GOING TO COMFORT INN TRAINING TABLE - JONES HALL (REMAINDER OF SQUAD WILL EAT IN ANY OF THE OTHER FOOD SERVICE AREAS ON CAMPUS)
6:45	PM	BUS TO LOCAL MOVIE - BUSES IN FRONT OF SCOTT HALL.
APPROX 9:00	PM	ARRIVE BY BUS AT COMFORT INN ISSUE ROOM KEYS PUT PERSONAL ITEMS IN ROOMS
APPROX 9:15	PM	TEAM MEETING - REVIEW ALL KICKING GAME AS A TEAM. BREAK-UP FOR OFFENSIVE, DEFENSIVE MEETINGS.
10:00	PM	SNACK - IN THE MEETING ROOM - EAT BY POSITIONS WITH POSITION COACHES.
10:30	PM	<u>IN YOUR ROOM - OFF YOUR FEET !!!</u>
11:00	PM	<u>LIGHTS OUT AND QUIET !!! TV'S, RADIOS, ETC. ARE TO BE TURNED OFF!!!</u>

E.C.U. VS CINCINNATI
ITINERARY - (CONT.)
PAGE 2

SATURDAY OCTOBER 20, 1990

9:05	AM	SQUAD WAKE-UP CALLS - RISE AND SHINE
9:05	AM	STAFF MEETING
9:35	AM	PRE-GAME DEVOTIONS - TEAM MEETING ROOM (BRING ALL PERSONAL ITEMS TO THIS MEETING)
9:50	AM	BUS TO JONES HALL
10:00	AM	PRE-GAME MEAL - TRAINING TABLE - JONES HALL
TBA		INDIVIDUAL/UNIT MEETINGS - COACHES WILL ANNOUNCE TIMES/ LOCATION AT THE PRE-GAME MEAL
11:25	AM	TEAM MEETING - TRAINING TABLE - JONES HALL
11:40	AM	WALK TO STADIUM - SPORTS MEDICINE BUILDING
11:55	AM	ARRIVE AT STADIUM - BEGIN TAPING
12:57	PM	BEGIN PRE-GAME WARM-UPS
1:40	PM	TEAMS OFF THE FIELD
2:00	PM	<u>KICK-OFF - BEAT CINCINNATI !!!!!</u>
4:30-6:00	PM	DINNER - MENDENHALL OR COLLEGE HILL DINNING ROOMS
CURFEW		AT PLAYER'S DISCRETION

E.C.U. VS. CINCINNATI
ITINERARY - (CONT.)
PAGE 3

SUNDAY, OCTOBER 21, 1990

10:30 - 1:00	PM	BRUNCH
11:00	AM	ATTEND THE CHURCH OF YOUR CHOICE
12:30 - 2:00	PM	TREATMENTS AND TAPING
2:00	PM	DRESSED IN SHELLS - TEAM MEETING - AUDITORIUM
2:00 - 6:00	PM	MEETINGS, PRACTICE, CONDITIONING, WEIGHTS
7:00 - 8:00	PM	DINNER
CURFEW		AT PLAYER'S DISCRETION

MONDAY, OCTOBER 22, 1990

PLAYERS	OFF DAY - <u>STUDY AND REST !!</u>
CURFEW	AT PLAYER'S DISCRETION

TUESDAY, OCTOBER 23, 1990

2:45 - 3:05	PM	KICKING MEETING - PUNT PROTECTION/COVERAGE AND PUNT BLOCK/RETURN TEAMS
3:10 - 3:30	PM	SCOUTING REPORT - TEMPLE
3:35 - 4:10	PM	INDIVIDUAL MEETINGS
4:20	PM	FIRST HORN
11:30	PM	<u>CURFEW</u> - IN YOUR OWN ROOM!

TRIP REMINDERS

1. BASIC PREMISE FOR THE TEAM ON THIS TRIP:
YOU REPRESENT THE PIRATE FOOTBALL TEAM AND EAST CAROLINA UNIVERSITY.
2. DRESS AT ALL TIMES SHOULD BE NEAT. TAKE PRIDE IN HOW YOU DRESS. DRESS FOR TRIP WILL BE DESIGNATED AFTER THURSDAY'S PRACTICE.
3. YOU ARE TO BE WITHIN OUR TEAM GROOMING REGULATIONS AT ALL TIMES. TAKE PRIDE IN HOW YOU LOOK.
4. BE AHEAD OF SCHEDULED TIME FOR ALL SCHEDULED EVENTS.
5. SENIORS ARE TO SIT UP FRONT IN ALL MEETINGS AND TEAM FUNCTIONS.
6. NO UNREASONABLE OR BOISTEROUS NOISE ON TRIP. USE OF RADIOS OR TAPE PLAYERS WILL BE RESTRICTED TO YOUR ROOM ONLY, UNLESS YOU HAVE INDIVIDUAL EARPHONES. VOLUME MUST BE KEPT AT A MODERATE LEVEL SO IT DOES NOT DISTURB YOUR TEAMMATES OR COACHES.
7. FILL THE BACK OF THE BUS FIRST--LEAVE FRONT SEATS OPEN FOR COACHES.
8. LEAVE KEYS IN ROOM WHEN CHECKING OUT.
9. EVERYONE WILL GO INTO THE MOVIE TOGETHER, AND LEAVE TOGETHER. EVERYONE WILL ATTEND THE MOVIE.
10. FOOD WILL BE AVAILABLE AS NEEDED. DO NOT ORDER ON YOUR OWN OR USE THE CANDY VENDING MACHINES. AT THE MOVIE, POPCORN AND DRINKS ONLY (AT PLAYER'S EXPENSE).
11. STAY OFF YOUR FEET. AVOID THE LOBBY UNLESS ABSOLUTELY NECESSARY. REST IN YOUR ROOM.
12. TELEPHONES WILL BE TURNED OFF IN YOUR ROOMS. THERE WILL BE NO INCOMING OR OUTGOING PHONE CALLS. ANY EMERGENCY CALLS WILL BE DIRECTED TO COACHES OR TRAINERS.
13. THERE WILL BE NO USE OF PUBLIC PHONES AT ANY TIME ON THE TRIP. IF ANY EMERGENCY CALL MUST BE MADE, SEE ONE OF THE COACHES.

14. PARENTS OR CLOSE RELATIVES ONLY ARE PERMITTED IN YOUR ROOM ON A TRIP, AND ONLY AFTER GETTING PERMISSION FROM ONE OF THE COACHES. NO OTHER VISITORS UNTIL AFTER THE GAME.
15. WE WILL LEAVE GREENVILLE TOGETHER AND RETURN TOGETHER.
16. DO NOT TAKE ANYTHING FROM HOTEL/MOTEL ROOM THAT DOES NOT BELONG TO YOU.
17. DO NOT CHANGE ROOM OR ROOMMATES.
18. NO ONE PERMITTED OUT OF THEIR ROOM AFTER LIGHTS OUT.
19. DO NOT LEAVE PERSONAL ITEMS IN YOUR ROOM AT CHECK-OUT TIME.
- 20 DURING ALL MEALS, KEEP CONVERSATION TO A MINIMUM AND AT A LOW LEVEL.
21. DO NOT INVITE FRIENDS TO MEET YOU AT THE MOVIES, OR AT THE HOTEL/MOTEL.

CONCLUSION: EVERY ONE OF THE ABOVE LISTED REMINDERS IS IMPORTANT TO OUR TEAM. THEY ARE LISTED SO THAT WE HAVE EVERY OPPORTUNITY TO WIN THE FOOTBALL GAME THAT IS TO BE PLAYED. BECAUSE OUR TEAM AND WINNING IS IMPORTANT--WE EXPECT EVERYONE ON THE TRIP TO STRICTLY ADHERE TO THESE REGULATIONS. EVERY ONE OF THEM WILL BE STRICTLY ENFORCED.

THE FOLLOWING PLAYERS WILL TRAVEL TO THE COMFORT INN ON FRIDAY
NIGHT, OCTOBER 19, 1990:

1990 E.C.U. VS. CINCINNATI
MOTEL TRAVEL SQUAD

OFFENSE

1. TOM SCOTT
2. DAVID BLACKWELL
3. JERRY KELLER
4. DEAN TAYLOR
5. WALT HAMMETT
6. KEITH ARNOLD
7. KEN CRAWFORD
8. CHAD MARTIN
9. MIKE McCALOP
10. NICK WILSON
11. TERRY TILGHMAN
12. GREG SMITH
13. LUKE FISHER
14. CARLESTER CRUMPLER
15. KURT SEEKFORD
16. JEFF BLAKE
17. CHAD GRIER
18. SEAN McCONNELL
19. VICTOR McBRYDE
20. DAVID DANIELS
21. CEDRIC VANBUREN
22. DION JOHNSON
23. ERIC BOOKER
24. AL WHITING
25. CLAYTON DRIVER
26. ANDREW WARD
27. PETER ZOPHY
28. HUNTER GALLIMORE
29. MIKE ANDERSON
30. ORLANDO WHITAKER

DEFENSE

1. JERRY DILLON
2. STEPHEN BRADDY
3. R.L. BEEMAN
4. ALEX HENDERSON
5. JEFF COOKE
6. DEALTON COTTON
7. GREG GARDILL
8. SHANE HUBBLE
9. TONY WORTHAM
10. GEORGE KOONCE
11. MARC WASHINGTON
12. BERNARD CARTER
13. ROBERT JONES
14. KEN BURNETTE
15. ERNIE LEWIS
16. TRAVIS UZZELL
17. CHRIS HALL
18. DONALD PORCH
19. RICHARD WRIGHT
20. ED BROGDON
21. ERNEST TYNES
22. GARRETT BEASLEY
23. ROBERT TATE
24. TRAVIS RENDER
25. GREG FLOYD
26. THOMAS JONES
27. FRED WALKER

SPECIALISTS

1. CHUCK HOWARD
2. JOHN JETT
3. ROBB IMPERATO

EAST CAROLINA UNIVERSITY ROOMING LIST
OCTOBER 19, 1990
EAST CAROLINA vs. CINCINNATI

PLAYERS

1. TOM SCOTT/DEAN TAYLOR
2. DAVID BLACKWELL/WALT HAMMETT
3. JERRY KELLER/GREG SMITH
4. KEITH ARNOLD/KEN CRAWFORD
5. CHAD MARTIN/NICK WILSON
6. MIKE McCALOP/TERRY TILGHMAN
7. LUKE FISHER/CARLESTER CRUMPLER
8. JEFF BLAKE/SEAN McCONNELL
9. ANDREW WARD/HUNTER GALLIMORE
10. DAVID DANIELS/VICTOR McBRYDE
11. CEDRIC VANBUREN/DION JOHNSON
12. ERIC BOOKER/CHAD GRIER
13. AL WHITING/CLAYTON DRIVER
14. PETER ZOPHY/GARRETT BEASLEY
15. MIKE ANDERSON/ORLANDO WHITAKER
16. JOHN JETT/CHUCK HOWARD
17. ROBB IMPERATO/KURT SEEKFORD
18. JERRY DILLON/STEPHEN BRADDY
19. R.L. BEEMAN/BERNARD CARTER
20. GEORGE KOONCE/MARC WASHINGTON
21. JEFF COOKE/DEALTON COTTON
22. TONY WORTHAM/ALEX HENDERSON
23. GREG GARDILL/SHANE HUBBLE
24. ROBERT JONES/KEN BURNETTE
25. ERNIE LEWIS/TRAVIS UZZELL
26. ROBERT TATE/THOMAS JONES
27. CHRIS HALL/DONALD PORCH
28. RICHARD WRIGHT/TRAVIS RENDER
29. ED BROGDON/ERNEST TYNES
30. GREG FLOYD/FRED WALKER

STAFF

31. COACH BILL LEWIS
32. COACH STEVE LOGAN/COACH STEVE SHANKWEILER
33. COACH MIKE CASSITY
34. ATHLETIC TRAINER
35. STUDENT MANAGER

1990 CINCINNATI
BUS LIST

BUS #1

ROOMS # 1 - 17

1. TOM SCOTT/DEAN TAYLOR
2. DAVID BLACKWELL/WALT HAMMETT
3. JERRY KELLER/GREG SMITH
4. KEITH ARNOLD/KEN CRAWFORD
5. CHAD MARTIN/NICK WILSON
6. MIKE McCALOP/TERRY TILGHMAN
7. LUKE FISHER/CARLESTER CRUMPLER
8. JEFF BLAKE/SEAN McCONNELL
9. ANDREW WARD/HUNTER GALLIMORE
10. DAVID DANIELS/VICTOR McBRYDE
11. CEDRIC VANBUREN/DION JOHNSON
12. ERIC BOOKER/CHAD GRIER
13. AL WHITING/CLAYTON DRIVER
14. PETER ZOPHY
15. MIKE ANDERSON/ORLANDO WHITAKER
16. JOHN JETT/CHUCK HOWARD
17. ROBB IMPERATO/KURT SEEKFORD

COACH BILL LEWIS
COACH STEVE SHANKWEILER
COACH STEVE LOGAN
COACH DALE STEELE
COACH GREG NORD
COACH JEFF JAGODZINSKI
COACH KYLE HOCKMAN

BUS #2

ROOMS #18 - 30

18. JERRY DILLON/STEPHEN BRADDY
 19. R.L. BEEMAN/BERNARD CARTER
 20. GEORGE KOONCE/MARC WASHINGTON
 21. JEFF COOKE/DEALTON COTTON
 22. TONY WORTHAM/ALEX HENDERSON
 23. GREG GARDILL/SHANE HUBBLE
 24. ROBERT JONES/KEN BURNETTE
 25. ERNIE LEWIS/TRAVIS UZZELL
 26. ROBERT TATE/THOMAS JONES
 27. CHRIS HALL/DONALD PORCH
 28. RICHARD WRIGHT/TRAVIS RENDER
 29. ED BROGDON/ERNEST TYNES
 30. GREG FLOYD/FRED WALKER
- GARRETT BEASLEY

COACH MIKE CASSITY
COACH DAVE HUXTABLE
COACH CARY GODETTE
COACH BOB SLOWIK
COACH PETE YURISH
COACH CHIP PETREE
COACH BRIAN NORRIS

CINCINNATI - 1990

THE FOLLOWING PLAYERS WILL DRESS OUT FOR THE CINCINNATI GAME, BUT WILL NOT TRAVEL TO THE MOTEL ON FRIDAY NIGHT:

OFFENSE

1. KENNETH CARROLL
2. VINCE LATHAM
3. DERRICK LEAPHART
4. MATT DAVIS
5. STEPHEN BROWN
6. DARYL TAYLOR
7. FRANK SMALLS
8. ADOLF MIZZELL
9. CHRIS SAFFELLE
10. VICTOR JACKSON
11. ANTHONY FREEMAN
12. SCHIZO SHERMAN
13. THOMAS COLEMAN
14. DAMON WILSON
15. TROY MOORMAN
16. LARRY FARRARE
17. MICHAEL RHETT

DEFENSE

1. CHAD AVERETT
2. REUBEN JONES
3. CHAD HANNON
4. SCOTT WILLIAMS
5. CHRIS PATTERSON
6. RON QUILLET
7. REGGIE ROBINSON
8. GREG CHARO
9. DAVID BATTS
10. TIM MARSHMON
11. TROY SEALY
12. BRIAN BENTLEY
13. ADRIAN BARNHILL
14. DEREK TAYLOR
15. BRIAN OHOLENDT
16. DERRICK FIELDS

SPECIALISTS

1. ANDY OHMKE
2. ANTHONY BRENNER
3. RON DRAKE

1990 EAST CAROLINA FOOTBALL
PRE-GAME WARM-UP SCHEDULE
UNIVERSITY OF CINCINNATI
SATURDAY, OCTOBER 20, 1990

12:57 PM	63 MINUTES BEFORE KICK-OFF - PAT/FG KICKERS, SNAPPERS, (5 MIN) HOLDERS, PAT KICKING
1:02 PM	58 MINUTES BEFORE KICK-OFF - KICK RECEIVERS (5 MIN)
1:07 PM	53 MINUTES BEFORE KICK-OFF - QB, CENTER -- EXCHANGE (5 MIN)
1:12 PM	48 MINUTES BEFORE KICK-OFF - RECEIVERS, DEF. BACKS (10 MIN)
1:17 PM	43 MINUTES BEFORE KICK-OFF - RUNNING BACKS (5 MIN)
1:22 PM	38 MINUTES BEFORE KICK-OFF - REMAINDER OF TEAM - TEAM (3 MIN) FLEX
1:25 PM	35 MINUTES BEFORE KICK-OFF - INDIVIDUAL WARM-UPS (10 MIN) *(27 MIN. BEFORE KICK-OFF QB, REC., DB COME TOGETHER FOR THROWING DRILLS)
1:35 PM	25 MINUTES BEFORE KICK-OFF - TEAM TIME-UP OFFENSE & DEFENSE
1:40 PM	20 MINUTES BEFORE KICK-OFF - TEAM LEAVES FIELD - RETURN TO LOCKER ROOM
1:55 PM	5 MINUTES BEFORE KICK-OFF - CAPTAINS LEAVE W/OFFICIALS
1:57 PM	3 MINUTES BEFORE KICK-OFF - SQUAD RETURNS TO FIELD (RIGHT AFTER CINN. ENTERS FIELD)
1:58 PM	2 MINUTES BEFORE KICK-OFF - TEAM PRAYER AS CAPTAINS RETURN FROM COIN TOSS
2:00 PM	KICK-OFF - <u>BEAT CINCINNATI !!!</u>