



MEDIA RELEASE

FOR IMMEDIATE RELEASE

Tuesday, June 22, 2010

CARDINALS ANNOUNCE 2010 TRAINING CAMP DATES

Tempe, AZ – The Arizona Cardinals Football Club will return to Northern Arizona University in Flagstaff in late July to begin their 2010 training camp.

The team will report to N.A.U. the night of Friday, July 30 and begin practice the following day on Saturday, July 31. The Cardinals will break camp on Saturday, August 21.

In all, the team will conduct a total of 25 practices during their three-week stay in Flagstaff.

On Saturday, August 7 the Cardinals will host a special “Red & White” outdoor practice from 9:15-11:15. The practice will be preceded by a full-team autograph session (8:45-9:10 AM) and conclude with a live goal-line session.

The Cardinals will also have a pair of night practices on Wednesday, August 4 and Wednesday, August 18 from 7:05-9:15 PM. Those sessions are scheduled to take place at Coconino High School in Flagstaff.

All other practices in Flagstaff will be held on the grass fields adjacent to the Walkup Skydome. In the event of inclement weather, they will be moved inside to the Skydome.

Practice times are subject to change and fans are encouraged to check the team’s official website www.azcardinals.com for the most up-to-date practice info.

In addition, Cardinals players and coaches will be available following each practice to sign autographs as they come off the field.

All practices at N.A.U. are open to the public. Admission and parking are both free.

The team’s tentative training camp schedule is listed below.



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2010 TRAINING CAMP SCHEDULE

Date	Practice Time
Saturday, 7/31/10	3:20-4:45 PM
Sunday, 8/1/10	3:05-5:00 PM
Monday, 8/2/10	9:05-10:30 AM 3:05-5:15 PM
Tuesday, 8/3/10	3:05-5:15 PM
Wednesday, 8/4/10	9:05-10:30 AM 7:05-9:15 PM (Coconino High School)
Thursday, 8/5/10	3:05-5:15 PM
Friday, 8/6/10	9:05-10:30 AM 3:05-5:15 PM
Saturday, 8/7/10	9:15-11:15 AM
Monday, 8/9/10	9:05-10:30 AM 3:05-5:15 PM
Tuesday, 8/10/10	3:05-5:15 PM
Wednesday, 8/11/10	9:05-10:30 AM 3:05-5:15 PM
Thursday, 8/12/10	3:05-5:00 PM
Monday, 8/16/10	3:50-5:30 PM
Tuesday, 8/17/10	3:05-5:15 PM
Wednesday, 8/18/10	9:05-10:30 AM 7:05-9:15 PM (Coconino High School)
Thursday, 8/19/10	3:05-5:15 PM
Friday, 8/20/10	9:05-10:30 AM 3:05-5:00 PM
Saturday, 8/21/10	9:05-10:30 AM

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