

PITTSBURGH STEELERS 2010 TRAINING CAMP SCHEDULE

Steelers players report to training camp on Friday, July 30. The first open practice is on Saturday, July 31.

<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	FRIDAY July 30 Players Report No Practice	<u>SATURDAY</u> July 31 Practice 2:55 P.M.
Aug. 1 Practice 2:55 P.M.	Aug. 2 Practice 2:55 P.M.	Aug. 3 Practice 2:55 P.M.	Aug. 4 Practice 2:55 P.M.	Aug. 5 Practice 2:55 P.M.	Aug. 6 Night Practice – 7 p.m. at Latrobe Stadium	Aug. 7 TBD
Aug. 8 Practice 2:55 P.M.	Aug. 9 Practice 2:55 P.M.	Aug. 10 Practice 2:55 P.M.	Aug. 11 Practice 2:55 P.M.	Aug. 12 Practice 2:55 P.M.	Aug. 13	Aug. 14 Steelers vs. Lions 7:30 P.M.
Aug. 15	Aug. 16 Practice 2:55 P.M.	Aug. 17 Practice 2:55 P.M.	Aug. 18 Practice 2:55 P.M.	Aug. 19	Aug. 20 Team Breaks Camp	Aug. 21 Steelers at Giants 7:30 P.M.

Color Code:

Boxes in gray – practice open to the public at time listed

Boxes in gold - days closed to the public - no access to campus

Boxes in red - preseason games

Boxes in white – nothing on schedule

Afternoon workouts generally run from 2:55 p.m. to 5 p.m. at St. Vincent College in Latrobe, PA. All times are Eastern Time. The campus opens to the public at 1:30 p.m. when there is a 2:55 practice only. Other times vary and are TBA. Please remember - bad weather could cause practice to be cancelled without notice. The practice schedule is subject to change without notice.