

## **COWBOYS ANNOUNCE 2010 TRAINING CAMP PLANS**

The Dallas Cowboys announced the team's plans for 2010 training camp today. The team will split time between San Antonio, TX and Oxnard, CA.

Camp will open to the media at the Alamodome in San Antonio on Friday, July 23rd, and the team will conduct its first practice sessions on Saturday, July 24<sup>th</sup>. Workouts will continue in the Alamodome through Friday, August 6<sup>th</sup>.

After facing the Cincinnati Bengals in the Hall of Fame Game in Canton, OH on Sunday night, August 8<sup>th</sup>, the team will return to Dallas in preparation for the August 12<sup>th</sup> preseason game with the Oakland Raiders at Cowboys Stadium (8:00 p.m.). The Cowboys will then travel to Oxnard on August 13<sup>th</sup> and begin practicing in California on Saturday, August 14<sup>th</sup>.

Following Saturday night preseason games at San Diego (August 21<sup>st</sup>) and at Houston (August 28<sup>th</sup>), the Cowboys will resume practice at Valley Ranch on Tuesday, August 31<sup>st</sup> in preparation for the final 2010 preseason game against Miami on Thursday night, September 2<sup>nd</sup> at Cowboys Stadium.

“We are very excited about this training camp schedule,” said owner and general manager Jerry Jones. “Spending two weeks in both San Antonio and Southern California gives us the opportunity to reach out to the very strong fan followings that the organization enjoys in two traditional training camp homes for the Cowboys. We have always received tremendous receptions and hospitality from the fans and community leaders in both San Antonio and Oxnard.”

“From the football perspective, we see a serious benefit in being able to conduct all of our two-a-day sessions in ideal temperatures and on both artificial and natural grass surfaces.”

The Cowboys have won at least 10 games in each of the past three training camps that were held in the Alamodome (2003, 2007 and 2009) while also winning division titles following two of those camps ('07 and '09). The team most recently trained in Oxnard prior to the 2004 through 2006 seasons. From 1963 to 1989, the club held preseason camp at California Lutheran College in Thousand Oaks, CA.

### **SAN ANTONIO**

July 23 through August 6  
Alamodome Ridge  
100 Montana Street  
San Antonio, TX 78203

### **OXNARD**

August 13 through August 27  
Marriott Residence Inn Oxnard River  
2101 West Vineyard Avenue  
Oxnard, CA 93036

**2010 DALLAS COWBOYS OFF-SEASON AND  
TRAINING CAMP SCHEDULE**

Monday, May 17-Wednesday, May 19	OTA'S (17 <sup>th</sup> open to media)
Monday, May 24-Wednesday, May 26	OTA's (24 <sup>th</sup> open to media)
Tuesday, June 1-Thursday, June 3	OTA's (1 <sup>st</sup> open to media)
Tuesday, June 8-Thursday, June 10	OTA's (8 <sup>th</sup> open to media)
<ul style="list-style-type: none"> <li>• OTA schedule: Practice (11:00 a.m.) Locker room (12:30 p.m.)</li> </ul>	
<u>Friday, June 11-Sunday, June 13</u>	<u>Mini Camp (all open to media)</u>
Friday, July 23	Training camp opens to media in San Antonio
Saturday, July 24	Practices begin in San Antonio
Friday, August 6	Break camp in San Antonio
<u>Saturday, August 7</u>	<u>Team travels from DFW to Canton</u>
Saturday, August 7	Emmitt Smith Hall of Fame Induction 7:00 p.m. (ET) Fawcett Stadium
Sunday, August 8	Hall of Fame Game, Fawcett Stadium <u>Dallas vs. Cincinnati -- 8:00 p.m. (ET)</u>
Tuesday, August 10-Wednesday, August 11	Practices in Dallas
<u>Thursday, August 12</u>	<u>8:00 p.m. (CT) – Dallas vs. Oakland</u>
Friday, August 13	Travel to California
Saturday, August 14	Practices begin in Oxnard
Friday, August 20	Travel to San Diego
Saturday, August 21	6:00 p.m. (PT) – Dallas vs. San Diego
Friday, August 27	Break Camp in Oxnard <u>Travel to Houston</u>
<u>Saturday, August 28</u>	<u>7:00 p.m. (CT) -- Dallas @ Houston</u>
Tuesday, August 31	Practice resumes at Valley Ranch
<u>Thursday, September 2</u>	<u>7:00 p.m. (CT) -- Dallas vs. Miami</u>