

2015 FBU Camp Itinerary



Football University
Technique Plus Talent
Beats Talent Alone

Parents & Athletes...Please remain flexible!

This itinerary is subject to change based on the weather conditions throughout the camp.

Any changes will be made in an attempt to preserve the complete FBU experience, without sacrificing player safety.

Friday Schedule

- 5:00pm – 6:00pm Athlete Registration
- 6:00pm – 6:30pm Camp Introduction
- 6:40pm – 7:30pm Classroom by Position #1
- 7:40pm – 7:55pm Dynamic On-Field Warm-Up (Powered by SKLZ)
- 7:55pm – 8:45pm On-Field Practice Session #1

Saturday Schedule

- 8:10am – 8:20am Arrive & Assemble
- 8:25am – 8:55am Recruiting Seminar: *Recruiting 101* (NCSA Presentation to Athletes)
- 8:25am – 8:55am Q&A with Instructors by Position [Classrooms] (Parents)
- 8:25am – 8:55am Alumni Seminar: *How to Create a Highlight Film* (XOSdigital Presentation to Alumni Parents & Athletes)
- 9:00am – 9:40am Recruiting Seminar: *Recruiting 101* (NCSA Presentation to Parents)
- 9:00am – 9:50am Classroom by Position #2
- 10:00am – 10:10am Dynamic On-Field Warm-Up (Powered by SKLZ)
- 10:10am – 12:00pm On-Field Practice Session
- 10:30am – 12:50pm Youth Coaches Clinic [Main Stadium Field] (Powered by YFBCA)
- 12:10pm – 12:30pm Social Media Seminar: *Brand University* (FBU Presentation to High School Athletes)
- 12:10pm – 12:30pm Athlete Lunch (Middle School Athletes)
- 12:30pm – 12:50pm Social Media Seminar: *Brand University* (FBU Presentation to Middle School Athletes)
- 12:30pm – 12:50pm Athlete Lunch (High School Athletes)
- 12:55pm – 2:00pm Classroom by Position #3
- 2:10pm – 2:30pm Group Photo by Position [On-Field]
- 2:30pm – 2:40pm Dynamic On-Field Warm-Up (Powered by SKLZ)
- 2:40pm – 4:20pm On-Field Practice Session #3
- 4:20pm – 4:30pm Athlete Positional Meeting Breakdown [On-Field]

Sunday Schedule

- 7:50am – 8:00am Arrive & Assemble
- 8:00am – 8:20am Leadership Seminar: *Leaders Are Made, Not Born* Seminar (FBU presentation to Parents & Athletes)
- 8:25am – 9:30am Classroom by Position #4
- 8:25am – 9:05am NCSA Seminar: *Recruiting Profile Demonstration* (NCSA presentation to Parents)
- 9:05am – 9:25am All American Games Seminar: *Helping Kids Succeed* (AAG presentation to Parents)
- 9:40am – 9:50am Dynamic On-Field Warm-Up (Powered by SKLZ)
- 9:50am – 11:05am On-Field Practice Session #4
- 11:15am – 11:55am Athlete Lunch (Rookie Athletes)
- 11:15am – 12:15pm Athlete Lunch/Evaluations (Alumni Only)
- 11:55am – 12:15pm Year Round Training Seminar: *The Four Elements of Year-Round Training* (FBU Presentation to Rookie Athletes)
- 12:25pm – 12:35pm Dynamic On-Field Warm-Up (Powered by SKLZ)
- 12:35pm – 1:35pm On-Field Practice Session #5
- 1:35pm – 1:50pm Family Interactive Period [Main Stadium Field]
- 2:00pm – 2:20pm Award Ceremony/Closing Remarks
- 2:25pm – 3:30pm Player Evaluations

2015 FBU Camp Logistics



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PARKING: Available at the school.

APPAREL: During registration you will receive an FBU apparel cinch bag. Please make certain you give your bag (with your remaining gear) to your parents/guardians or secure it in your vehicle. Please make certain to wear all of your FBU issued apparel.

MERCHANDISE: FBU merchandise will be available for purchase at the camp, from Friday night through Sunday, or at our online store www.fbustore.com. We accept credit card, debit card and cash (Visa, Master Card, American Express and Discover Card). In addition, SKLZ equipment featured during the Dynamic On-Field Warm-Up may be purchased online at www.SKLZ.com

MEALS: Athlete lunches, beverages and snacks are provided as part of the camp on both Saturday and Sunday.

PARENT SEATING: Primary seating is available at the stadium/bleacher area at the venue. You may also bring your own lawn chair. Please note that parents are invited to be alongside the field to watch and listen to our FBU coaches, but are not permitted on the field.

WHAT ATHLETES SHOULD BRING: Athletes will receive performance apparel provided by adidas, however, we highly recommend you bring the following clothing and/or items: **Mouth Guard IS MANDATORY** – a Battle Sports Science mouthpiece is provided to each athlete and extras may be purchased on-site. **All linemen MUST bring their own helmet to participate in 1on1 event drills.**

All athletes should bring a gym bag containing the following:

- *CLEATS (PLASTIC BOTTOMS)
- *NOTEBOOK
- *TOWEL
- *PEN & PENCIL
- *SHOES OR SANDALS

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