



FOOTBALL UNIVERSITY

FBU REGIONAL CAMP ITINERARY

One-Day Camp

OVERVIEW

7:30 AM - 8:45 AM	Registration & Measurements <i>(HT/WT/Wingspan Orientation Room)</i>
8:45 AM - 9:10 AM	Welcome Orientation <i>(Orientation Room)</i>
9:10 AM - 9:20 AM	Athletes Depart to Field
9:15 AM - 9:30 AM	NCSA Parent Seminar <i>(Orientation Room)</i>
9:20 AM - 9:30 AM	Dynamic On-Field Warmup
9:30 AM - 11:55 AM	On-Field Practice 1 <i>(Includes Wilson QB Challenge)</i>
12:00 PM - 1:00 PM	Combine Testing <i>(40 Yard Dash & Broad Jump)</i>
1:00 PM - 1:45 PM	Athlete Lunch <i>(Athletes are on their own for lunch)</i>
1:45 PM - 2:00 PM	NCSA Athlete Seminar <i>(8th-11th Grade Orientation Room)</i>
2:00 PM - 2:10 PM	Curriculum Review <i>(Orientation Room)</i>
2:10 PM - 2:20 PM	Dynamic On-Field Warmup
2:20 PM - 4:50 PM	On-Field Practice 2
4:50 PM - 5:00 PM	Athlete Breakdown & Awards <i>(Orientation Room)</i>

WHERE FOOTBALL PLAYERS GET BETTER

