



# FOOTBALL UNIVERSITY

## FBU REGIONAL CAMP ITINERARY

### Two-Day Camp

#### SATURDAY

7:30 AM - 8:45 AM	Registration & Measurements <i>(HT/WT/Wingspan   Orientation Room)</i>
8:45 AM - 9:05 AM	Welcome Orientation <i>(Orientation Room)</i>
9:05 AM - 9:10 AM	Athletes Depart to Field
9:10 AM - 9:35 AM	Position Meetings <i>(Field)</i>
9:10 AM - 9:45 AM	NCSA Parent Seminar <i>(Orientation Room)</i>
9:35 AM - 9:45 AM	Dynamic On-Field Warmup <i>(Field)</i>
9:45 AM - 12:00 PM	On-Field Practice 1 <i>(Includes Wilson QB Challenge)</i>
12:00 PM - 1:00 PM	Combine Testing <i>(40, Broad, L-Drill, Shuttle)</i>
1:00PM - 1:45 PM	Athlete Lunch <i>(Athletes are on their own for lunch)</i>
1:45PM - 2:00 PM	NCSA Athlete Seminar <i>(8<sup>th</sup>-11<sup>th</sup> Grade   Orientation Room)</i>
1:45PM - 2:00 PM	Parent & Coach Q&A <i>(Assigned Classroom)</i>
2:00 PM - 2:20 PM	Athlete Position Meetings <i>(Field)</i>
2:20 PM - 2:30 PM	Dynamic On-Field Warmup
2:30 PM - 4:30 PM	On-Field Practice 2
4:30 PM - 4:40 PM	Athlete Breakdown & Dismissal

#### SUNDAY

8:00 AM - 8:30 AM	Team Meeting   FBU Path <i>(Orientation Room)</i>
8:30 AM - 9:00 AM	Athlete Position Meetings <i>(Field)</i>
8:30 AM - 9:10 AM	NCSA Parent Recruiting Profile Demonstration <i>(Orientation Room)</i>
9:00 AM - 9:10 AM	Dynamic On-Field Warmup
9:10 AM - 12:00 PM	On-Field Practice 3
12:00 PM - 12:45 PM	Athlete Lunch & Evaluations <i>(Athletes are on their own for lunch)</i>
12:45PM - 12:55 PM	Athlete Position Meetings <i>(Field)</i>
12:55PM - 1:05 PM	Dynamic On-Field Warmup
1:05 PM - 2:25 PM	On-Field Practice 4
2:30 PM - 3:00 PM	Team Meeting   Athlete Breakdown & Awards <i>(Orientation Room)</i>
3:00 PM - 4:00 PM	Athlete Evaluations with FBU Coach <i>(Assigned Classroom)</i>

**WHERE FOOTBALL PLAYERS GET BETTER**

