



FOOTBALL UNIVERSITY

FBU REGIONAL CAMP ITINERARY

One-Day Camp

OVERVIEW

7:00 AM – 8:00 AM	Registration
8:00 AM – 8:15 AM	Welcome Orientation
8:15 AM – 8:25 AM	Athletes Depart to Field
8:25 AM – 8:45 AM	Athlete Position Group Meetings
8:45 AM – 8:55 AM	Dynamic On-Field Warmup
8:55 AM – 10:55 AM	On-Field Practice 1
10:55 AM – 12:00PM	Lunch <i>(Athletes are on their own for lunch)</i>
12:00 PM – 12:20 PM	NCSA Parent/Athlete Recruiting Seminar
12:20 PM – 12:30 PM	Athletes & Parents Depart To Field
12:30 PM – 12:40 PM	Parent & Coach Meeting <i>(on-field)</i>
12:30 PM – 12:40 PM	Dynamic On-Field Warmup
12:40 PM – 12:50 PM	Athlete Position Group Meetings
12:50 PM – 2:50 PM	On-Field Practice 2
2:50 PM – 3:00 PM	Lineman Showcase
3:00 PM – 3:30 PM	Athlete Breakdown & Awards

WHERE FOOTBALL PLAYERS GET BETTER

