**2020 FOOTBALL UNIVERSITY CAMP SCHEDULE**

**SATURDAY**

8:00 AM - 9:00 AM  Registration
9:00 AM - 9:25 AM  Welcome Orientation
9:35 AM - 9:55 AM  NCSA Parent Seminar (Orientation room)
9:35 AM - 10:10 AM  Athlete Position Meetings (assigned classroom)
10:20 AM - 10:30 AM  Dynamic On-field Warmup
10:30 AM - 12:30 PM  On-field Practice 1
12:30 PM - 12:50 PM  Parent & Coach Q&A (Athlete’s assigned classroom)
12:40 PM - 1:05 PM  Middle School Athlete Lunch
12:40 PM - 1:05 PM  High School Team Meeting | NCSA Breakout (Orientation room)
1:05 PM - 1:30 PM  High School Athlete Lunch
1:05 PM - 1:30 PM  Middle School Team Meeting | NCSA Breakout (Orientation room)
1:40 PM - 2:25 PM  Classroom By Position 1 (assigned classroom)
2:35 PM - 2:45 PM  Dynamic On-field Warmup
2:45 PM - 4:40 PM  On-field Practice 2
4:45 PM - 4:50 PM  Athlete Breakdown & Dismissal

**SUNDAY**

8:30 AM - 8:45 AM  All Team Meeting | The FBU Path (Orientation room)
8:45 AM - 9:30 AM  Classroom By Position 2 (assigned classroom)
8:45 AM - 9:25 AM  Parent Meeting | NCSA Recruiting Profile Demonstration (Orientation room)
9:30 AM - 9:40 AM  Athletes Dismissed to Field
9:40 AM - 9:50 AM  Dynamic On-field Warmup
9:50 AM - 11:00 AM  On-field Practice 3
11:15 AM - 12:00 PM  High School Athlete Lunch & Evaluations
11:15 AM - 12:00 PM  Middle School Athlete Lunch & Evaluations
12:05 PM - 12:25 PM  Classroom By Position 3 (assigned classroom)
12:35 PM - 12:45 PM  Dynamic On-field Warmup
12:45 PM - 2:00 PM  On-field Practice 4
2:05 PM - 2:35 PM  All Team Meeting | Athlete Breakdown & Awards (Orientation room)
2:40 PM - 3:40 PM  Athlete Evaluations with FBU Coach (assigned classroom)
FOOTBALL UNIVERSITY CAMP NOTES

PARKING
Available in the school parking lots and/or surrounding streets, pending venue.

FBU APPAREL
During registration, all athletes will receive a drawstring bag with adidas performance shirt and shorts, and a Soldier Sports mouth guard. Please wear all issued FBU apparel.

MERCHANDISE
Official FBU merchandise will be available for purchase each day.

MEALS & NUTRITION
All athletes will be provided lunches and Gatorade products for performance and recovery.
*If you have a food allergy please let us know at 973 366 5027 a minimum of one week prior to camp.

GEAR
All athletes must bring the following items:
• Hard shell helmet (linemen only)  • Shoes or sandals for indoors
• Soft shell helmet (mandatory for all skill positions)  • Route trees and coverages
  *Available for rent and sale at registration  *E-mailed prior to camp
• Cleats  • Notebook and pen/pencil

HOUSE RULES
Wearing cleats indoors is not allowed. Athletes must wear helmets and mouth guards during all drills. It is important to treat the camp venue with class and respect. Please place any trash in trash bins.

PARENTS
Parents are encouraged to participate in all activities with their student-athlete(s), from classroom sessions to team meetings to on-field practices. Parents are allowed to be alongside the field during on-field practices but not allowed on any part of the active practice field. You may choose to bring your own chair or sit in the bleachers at the field (where available).

SCHEDULE ADJUSTMENTS
This schedule and its contents are subject to change due to local weather conditions. All changes will be made in a concentrated effort to preserve the complete FBU experience without sacrificing the safety of our athletes.

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WHERE FOOTBALL PLAYERS GET BETTER