



FOOTBALL UNIVERSITY

FBU REGIONAL CAMP ITINERARY

Two-Day Camp

SATURDAY

7:30 AM - 8:45 AM	Registration & Measurements (<i>HT/WT/Wingspan</i>)
8:45 AM - 9:05 AM	Welcome Orientation
9:05 AM - 9:10 AM	Athletes Depart to Field
9:10 AM - 9:35 AM	Athlete Position Group Meetings (<i>Field</i>)
9:10 AM - 9:45 AM	NCSA Parent Seminar
9:35 AM - 9:45 AM	Dynamic On-Field Warmup (<i>Field</i>)
9:45 AM - 12:00 PM	On-Field Practice 1
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>8th-11th Grade</i>)
1:45PM - 2:00 PM	Parent & Coach Q&A
2:00 PM - 2:20 PM	Athlete Position Group 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
8:30 AM - 9:00 AM	Athlete Position Group Meetings (<i>Field</i>)
8:30 AM - 9:10 AM	NCSA Parent Recruiting Profile Demonstration
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 (<i>Athletes are on their own for lunch</i>)
12:45PM - 1:05 PM	Athlete Position Group Meetings (<i>Field</i>)
1:05PM - 1:15 PM	Dynamic On-Field Warmup
1:15 PM - 2:45 PM	On-Field Practice 4
2:45 PM - 3:00 PM	Athlete Breakdown & Awards

WHERE FOOTBALL PLAYERS GET BETTER

