



# FOOTBALL UNIVERSITY

## FBU REGIONAL CAMP ITINERARY

### Two-Day Camp

#### SATURDAY

7:30 AM - 8:45 AM	Registration & Measurements <i>(HT/WT/Wingspan   Orientation Area)</i>
8:45 AM - 9:05 AM	Welcome Orientation <i>(Orientation Area)</i>
9:05 AM - 9:10 AM	Athletes Depart to Field/Class
9:10 AM - 9:30 AM	NCSA Parent Seminar <i>(Orientation Area)</i>
9:10 AM - 9:20 AM	Athlete Position Meetings <i>(Assigned Area)</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	Athlete Lunch <i>(Athletes are on their own for lunch)</i>
1:00PM - 1:20 PM	NCSA Athlete Seminar <i>(8<sup>th</sup>-11<sup>th</sup> Grade   Orientation Area)</i>
1:00PM - 1:20 PM	Parent & Coach Q&A <i>(Assigned Classroom)</i>
1:25 PM - 2:00 PM	Athlete Position Meetings <i>(Assigned Classroom)</i>
2:00 PM - 2:10 PM	Dynamic On-Field Warmup
2:10 PM - 4:00 PM	Combine Testing <i>(40, Broad, L-Drill, Shuttle)</i>
4:00 PM - 5:00 PM	On-Field Practice 2
5:00 PM - 5:10 PM	Athlete Breakdown & Dismissal

#### SUNDAY

8:30 AM - 8:45 AM	Team Meeting   FBU Path <i>(Orientation Area)</i>
8:45 AM - 9:30 AM	Athlete Position Meetings <i>(Assigned Classroom)</i>
8:45 AM - 9:30 AM	NCSA Parent Recruiting Profile Demonstration <i>(Orientation Area)</i>
9:40 AM - 9:50 AM	Dynamic On-Field Warmup
9:50 AM - 11:30 AM	On-Field Practice 3
11:35 AM - 12:30 PM	Athlete Lunch <i>(Athletes are on their own for lunch)</i>
12:30PM - 12:50 PM	Athlete Position Meetings <i>(Assigned Classroom)</i>
1:00PM - 1:10 PM	Dynamic On-Field Warmup
1:10 PM - 2:25 PM	On-Field Practice 4
2:30 PM - 3:00 PM	Team Meeting   Athlete Breakdown & Awards <i>(Orientation Area)</i>

**WHERE FOOTBALL PLAYERS GET BETTER**

