



# FOOTBALL UNIVERSITY

## FBU REGIONAL SHOWCASE ITINERARY

### *One-Day Showcase*

#### OVERVIEW

<b>7:30 AM - 8:45 AM</b>	<b>Registration &amp; Measurements</b> <i>(HT/WT/Wingspan)</i>
<b>8:45 AM - 9:10 AM</b>	<b>Welcome Orientation</b>
<b>9:10 AM - 9:20 AM</b>	<b>Athletes Depart to Field</b>
<b>9:15 AM - 9:30 AM</b>	<b>NCSA Parent Seminar</b>
<b>9:20 AM - 9:30 AM</b>	<b>Dynamic On-Field Warmup</b>
<b>9:30 AM - 11:55 AM</b>	<b>On-Field Practice 1</b> <i>(Includes Wilson QB Challenge)</i>
<b>12:00 PM - 1:00 PM</b>	<b>Combine Testing</b> <i>(40 Yard Dash &amp; Broad Jump)</i>
<b>1:00 PM - 1:45 PM</b>	<b>Athlete Lunch</b> <i>(Athletes are on their own for lunch)</i>
<b>1:45PM - 2:00 PM</b>	<b>NCSA Athlete Seminar</b> <i>(8<sup>th</sup>-11<sup>th</sup> Grade)</i>
<b>2:00 PM - 2:10 PM</b>	<b>Curriculum Review</b>
<b>2:10 PM - 2:20 PM</b>	<b>Dynamic On-Field Warmup</b>
<b>2:20 PM - 4:50 PM</b>	<b>On-Field Practice 2</b>
<b>4:50 PM - 5:00 PM</b>	<b>Athlete Breakdown &amp; Awards</b>

#### WHERE FOOTBALL PLAYERS GET BETTER

