



FOOTBALL UNIVERSITY

FBU REGIONAL SHOWCASE ITINERARY

One-Day Showcase

OVERVIEW

8:00 AM - 9:00 AM	Registration & Measurements <i>(HT/WT/Wingspan)</i>
9:00 AM - 9:20 AM	Welcome Orientation
9:20 AM - 9:30 AM	Athletes Depart to Field
9:20 AM - 9:35 AM	Parent Seminar
9:30 AM - 9:40 AM	Dynamic On-Field Warmup
9:40 AM - 11:55 AM	On-Field Practice 1 <i>(Includes Wilson QB Challenge)</i>
12:00 PM - 1:00 PM	Combine Testing <i>(40 Yard Dash & Broad Jump)</i>
1:00 PM - 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>
2:00 PM - 2:10 PM	Curriculum Review
2:10 PM - 2:20 PM	Dynamic On-Field Warmup
2:20 PM - 4:30 PM	On-Field Practice 2
4:30 PM - 5:00 PM	Athlete Breakdown & Awards

WHERE FOOTBALL PLAYERS GET BETTER

