



# FOOTBALL UNIVERSITY

## FBU REGIONAL CAMP ITINERARY

### *One-Day Camp*

#### OVERVIEW

7:30 AM - 8:45 AM	Registration
8:45 AM - 9:10 AM	Welcome Orientation
9:10 AM - 9:15 AM	Athletes Depart to Field
9:15 AM - 9:30 AM	NCSA Parent Seminar
9:15 AM - 9:35 AM	Athlete Position Group Meetings
9:35 AM - 9:45 AM	Dynamic On-Field Warmup
9:45 AM - 12:15 PM	On-Field Practice 1
12:15 PM - 1:00 PM	Athlete Lunch <i>(Athletes are on their own for lunch)</i>
1:00 PM - 1:15 PM	NCSA Athlete Seminar <i>(8<sup>th</sup>-11<sup>th</sup> Grade)</i>
1:15 PM - 1:35 PM	Athlete Position Group Meetings
1:35 PM - 1:45 PM	Dynamic On-Field Warmup
1:45 PM - 4:15 PM	On-Field Practice 2
4:15 PM - 4:30 PM	Athlete Breakdown & Awards

#### WHERE FOOTBALL PLAYERS GET BETTER

