



FOOTBALL UNIVERSITY

FBU REGIONAL CAMP ITINERARY

One-Day Camp

OVERVIEW

7:30 AM – 8:45 AM	Registration
8:45 AM – 9:05 AM	Welcome Orientation
9:05 AM – 9:15 AM	Athletes Depart to Field
9:15 AM – 9:35 AM	Athlete Position Group Meetings
9:35 AM – 9:45 AM	Dynamic On-Field Warmup
9:45 AM – 11:45 AM	On-Field Practice 1
11:45 AM – 1:00PM	Lunch <i>(Athletes are on their own for lunch)</i>
1:00 PM – 1:25 PM	NCSA Parent/Athlete Recruiting Seminar
1:25 PM – 1:35 PM	Athletes Depart to Field
1:35 PM – 1:55 PM	Athlete Position Group Meetings
1:55 PM – 2:05 PM	Dynamic On-Field Warmup
2:05 PM – 4:20 PM	On-Field Practice 2
4:20 PM – 4:30 PM	Lineman Showcase
4:30 PM – 4:45 PM	Athlete Breakdown & Awards

WHERE FOOTBALL PLAYERS GET BETTER

