



FOOTBALL UNIVERSITY

FBU REGIONAL CAMP ITINERARY

Two-Day Camp

SATURDAY

7:30 AM – 8:45 AM	Registration & Measurements <i>(HT/WT/Wingspan)</i>
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
9:15 AM – 9:45 AM	NCSA Parent Seminar
9:35 AM – 9:45 AM	Dynamic On-Field Warmup
9:45 AM – 11:45 AM	On-Field Practice 1
11:45 AM – 12:55 PM	Combine Testing <i>(40, Broad, Short Shuttle)</i>
12:55 PM – 2:05 PM	Athlete Lunch <i>(Athletes are on their own for lunch)</i>
2:05 PM – 2:20 PM	NCSA Athlete Seminar <i>(8th-11th Grade)</i>
2:05 PM – 2:20 PM	Parent & Coach Q&A
2:20 PM – 2:30 PM	Athletes Depart to Field
2:30 PM – 2:45 PM	Athlete Position Group Meetings <i>(Field)</i>
2:45 PM – 2:55 PM	Dynamic On-Field Warmup
2:55 PM – 4:55 PM	On-Field Practice 2
4:55 PM – 5:00 PM	Athlete Breakdown & Dismissal

SUNDAY

8:00 AM – 8:20 AM	Team Meeting FBU Path
8:20 AM – 8:30 AM	Athletes Depart to Field
8:30 AM – 9:00 AM	Athlete Position Group Meetings
8:30 AM – 9:00 AM	NCSA Parent Recruiting Profile Demonstration
9:00 AM – 9:10 AM	Dynamic On-Field Warmup
9:10 AM – 11:40 AM	On-Field Practice 3
11:40 AM – 12:55 PM	Athlete Lunch <i>(Athletes are on their own for lunch)</i>
12:55 PM – 1:10 PM	Athlete Position Group Meetings <i>(Field)</i>
1:10 PM – 1:20 PM	Dynamic On-Field Warmup
1:20 PM – 2:50 PM	On-Field Practice 4
2:50 PM – 3:00 PM	Lineman Showcase
3:00 PM – 3:15 PM	Athlete Breakdown & Awards

WHERE FOOTBALL PLAYERS GET BETTER

