



FOOTBALL UNIVERSITY

FBU REGIONAL CAMP ITINERARY

One-Day Camp

OVERVIEW

1:00 PM – 2:15 PM	Registration
2:15 PM – 2:35 PM	Welcome Orientation
2:35 PM – 2:45 PM	Athletes Depart to Field
2:45 PM – 3:05 PM	Athlete Position Group Meetings
3:05 PM – 3:15 PM	Dynamic On-Field Warmup
3:15 PM – 5:15 PM	On-Field Practice 1
5:15 PM – 6:30PM	Dinner <i>(Athletes are on their own for Dinner)</i>
6:30 PM – 6:55 PM	NCSA Parent/Athlete Recruiting Seminar
6:55 PM – 7:05 PM	Athletes & Parents Depart To Field
7:05 PM – 7:15 PM	Parent & Coach Meeting <i>(on-field)</i>
7:05 PM – 7:15 PM	Dynamic On-Field Warmup
7:15 PM – 7:35 PM	Athlete Position Group Meetings
7:35 PM – 9:35 PM	On-Field Practice 2
9:35 PM – 9:45 PM	Lineman Showcase
9:45 PM – 10:00 PM	Athlete Breakdown & Awards

WHERE FOOTBALL PLAYERS GET BETTER

