



FOOTBALL UNIVERSITY

FBU REGIONAL CAMP ITINERARY

Two-Day Camp

SATURDAY

7:30 AM – 8:30 AM	2023-2026 Grad Class Registration & Measurements (HT/WT)
7:45 AM – 9:15 AM	2023-2026 Grad Class Combine Testing (40, Vertical, Short Shuttle)
8:30 AM – 9:20 AM	2027-2029 Grad Class Registration
9:30 AM – 9:50 AM	Welcome Orientation
9:50 AM – 10:00 AM	Athletes Depart to Field
10:00 AM – 10:20 AM	Athlete Position Group Meetings
10:00 AM – 10:30 AM	NCSA Parent Seminar
10:20 AM – 10:30 AM	Dynamic On-Field Warmup
10:30 AM – 12:30 PM	On-Field Practice 1
12:30 PM – 1:30 PM	Athlete Lunch (Athletes are on their own for lunch)
1:30 PM – 1:45 PM	NCSA Athlete Seminar
1:30 PM – 1:45 PM	Parent & Coach Q&A
1:45 PM – 1:55 PM	Athletes Depart to Field
1:55 PM – 2:05 PM	Athlete Position Group Meetings (Field)
2:05 PM – 2:15 PM	Dynamic On-Field Warmup
2:15 PM – 4:10 PM	On-Field Practice 2
4:10 PM – 4:15 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 (Auditorium)
9:00 AM – 9:10 AM	Dynamic On-Field Warmup
9:10 AM – 11:20 AM	On-Field Practice 3
11:20 AM – 12:30 PM	Athlete Lunch (Athletes are on their own for lunch)
12:30 PM – 12:40 PM	Athlete Position Group Meetings (Field)
12:40 PM – 12:50 PM	Dynamic On-Field Warmup
12:50 PM – 2:20 PM	On-Field Practice 4
2:20 PM – 2:30 PM	Lineman Showcase
2:30 PM – 2:45 PM	Athlete Breakdown & Awards (Auditorium)

WHERE FOOTBALL PLAYERS GET BETTER

