



# FOOTBALL UNIVERSITY

## 2023 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 – 9:20 AM	Athletes Depart to Field
9:20 AM – 9:50 AM	Athlete Position Group Meetings
9:50 AM – 10:00 AM	Dynamic On-Field Warmup
10:00 AM – 12:00 PM	On-Field Practice #1
12:00 PM – 1:15PM	Lunch <i>(Athletes are on their own for lunch)</i>
1:15 PM – 1:45 PM	NCSA Parent/Athlete Recruiting Seminar
1:45 PM – 2:00 PM	Athletes Depart to Field
2:00 PM – 2:30 PM	Athlete Position Group Meetings
2:30 PM – 2:40PM	Parent & Coach Group Meetings
2:30 PM – 2:40 PM	Dynamic On-Field Warmup
2:40 PM – 4:30 PM	On-Field Practice #2
4:30 PM – 4:40 PM	Lineman Showcase
4:40 PM – 5:00 PM	Athlete Breakdown & Awards

*\*Camp Itinerary and Times Subject to Change\**

#### WHERE FOOTBALL PLAYERS GET BETTER

