



FOOTBALL UNIVERSITY

2023 FBU REGIONAL CAMP ITINERARY

Two-Day Camp

SATURDAY

7:30 AM – 8:45 AM	Camp Registration
8:45 AM – 9:05 AM	Welcome Orientation
9:05 AM – 9:15 AM	Athletes Depart to Classroom
9:15 AM – 9:45 AM	Athlete Position Group Meetings
9:15 AM – 9:45 AM	NCSA Parent Seminar
9:45 AM – 10:00 AM	Athletes Depart to Field
10:00 AM – 10:10 AM	Dynamic On-Field Warmup
10:10 AM – 12:10 PM	On-Field Practice #1
12:10 PM – 1:15 PM	Athlete Lunch <i>(Athletes are on their own for lunch)</i>
1:15 PM – 1:30 PM	NCSA Athlete Seminar
1:15 PM – 1:30 PM	Parent & Coach Q&A <i>(classrooms)</i>
1:30 PM – 1:40 PM	Athletes Depart to Classroom
1:40 PM – 2:10 PM	Athlete Position Group Classroom Meetings
2:10 PM – 2:25 PM	Athletes Depart to Field
2:25 PM – 2:35 PM	Dynamic On-Field Warmup
2:35 PM – 4:35 PM	On-Field Practice #2
4:35 PM – 4:45 PM	Athlete Breakdown & Dismissal

SUNDAY

7:45 AM – 8:10 AM	Team Meeting FBU Path
8:10 AM – 8:20 AM	Athletes Depart to Classroom
8:20 AM – 9:00 AM	Athlete Position Group Meetings
8:20 AM – 9:00 AM	NCSA Parent Recruiting Profile Demonstration
9:00 AM – 9:15 AM	Athletes Depart to Field
9:15 AM – 9:25 AM	Dynamic On-Field Warmup
9:25 AM – 11:25 AM	On-Field Practice #3
11:25 AM – 12:35 PM	Athlete Lunch <i>(Athletes are on their own for lunch)</i>
12:35 PM – 12:50 PM	Athletes Report to Field
12:50 PM – 1:00 PM	Dynamic On-Field Warmup
1:00 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

Camp Itinerary and Times Subject to Change

WHERE FOOTBALL PLAYERS GET BETTER

