



FOOTBALL UNIVERSITY

2024 FBU REGIONAL CAMP ITINERARY

Two-Day Camp

FRIDAY

6:00 PM – 7:15 PM	Camp Registration
7:15 PM – 7:30 PM	Welcome Orientation
7:30 PM – 7:40 PM	Athletes Depart to Field
7:40 PM – 8:05 PM	Athlete Position Group Meetings
8:05 PM – 8:15 PM	Dynamic On-Field Warmup
8:15 PM – 10:00 PM	On-Field Session #1
10:00 PM – 10:05 PM	Athlete Breakdown and Dismissal

SATURDAY

8:45 AM – 9:10 AM	Team Meeting FBU Path
9:10 AM – 9:20 AM	Athletes Depart to Classroom
9:20 AM – 10:00 AM	Athlete Position Group Meetings
9:20 AM – 10:00 AM	NCSA Parent Recruiting Profile Demonstration
10:00 AM – 10:15 AM	Athletes Depart to Field
10:15 AM – 10:25 AM	Dynamic On-Field Warmup
10:25 AM – 12:25 PM	On-Field Practice #2
12:25 PM – 1:35 PM	Athlete Lunch <i>(Athletes are on their own for lunch)</i>
1:35 PM – 1:50 PM	Athletes Report to Field
1:50 PM – 2:00 PM	Dynamic On-Field Warmup
2:00 PM – 3:50 PM	On-Field Practice #3
3:50 PM – 4:00 PM	Lineman Showcase
4:00 PM – 4:15 PM	Athlete Breakdown & Awards

Camp Itinerary and Times Subject to Change

WHERE FOOTBALL PLAYERS GET BETTER

